



community thread

# THE CONNECTOR

MAY/JUNE 2023



AGING UNBOUND: MAY 2023

## CONNECTED. POWERFUL. EVOLVING. WE ARE ALL AGING UNBOUND

Aging isn't what it used to be. As Baby Boomers continue to settle into retirement and early Gen X'ers begin to qualify for senior discounts, they are re-defining what it means to be an "older adult" in America. Across the country, older Americans are leveraging their expertise, skills, and time to enjoy life and make life enjoyable for others. Whether you're a few years from retirement, have long had control over your time, or are somewhere in-between, here are the secrets to the new "old":

- Embrace the opportunity to change. Find a new passion, go on an adventure, and do not let age define your limits. Invite creativity and purpose into your life by trying activities that bring more growth, joy, and energy to yourself and your community.
- Explore the rewards of growing older. With age comes knowledge, which provides insight to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes, and new activities.
- Stay engaged and form new relationships. Everyone benefits when everyone is connected and involved. Stay active through volunteering, working, mentoring, and participating in social clubs. New relationships can enhance your quality of life by introducing new ideas and unique perspectives.

At Community Thread, we are challenging the narrative on aging with our Thrive program. Since launching in April 2022, the program and its members are thriving because of their continued leadership and engagement. Everyone has something to give and something to gain in the Thrive program. Importantly, our community is living the secrets to *Aging Unbound* and proving aging is no longer something to fear, but something to revere.

To learn more about the Thrive program and local efforts to *age unbound*, call Rachel, Thrive Program Director at 651-439-7434. Aging Unbound is the 2023 theme of the federal Administration for Community Living's annual Older Americans Month. Learn more at [www.acl.gov](http://www.acl.gov).

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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

### SALLY ANDERSON

*Executive Director*

### KATHRYN BOLINDER

*Associate Director*

### CATHLEEN HESS

*Development & Communications  
Director*

### ELISE HENDRICKSON

*Communications & Website Coordinator*

### RACHEL PRESSLEIN

*Thrive Program Director*

### KIM MCRUNNEL

*Thrive Associate Director*

### GRACE SOBIECH

*Program Coordinator*

### LEANNA MILLER

*Volunteer Manager*

### JENNIFER HUTCHINS FARRELL

*Operations Specialist*



**Thank you to all who *lifted spirits and shaped futures* at Community Thread's 6th Annual Black Tie Bingo fundraiser!**

A grand time was had at The Grand Banquet Hall on April 22 as Community Thread gathered to *lift spirits and shape futures*.

With local residents and business owners in attendance, the event was filled with fun and celebration. Nearly 200 guests enjoyed delicious hors d'oeuvres, dessert, a photo booth, socializing, mystery prize wall on a giant bow-tie, and bingo games called by celebrity bingo callers.

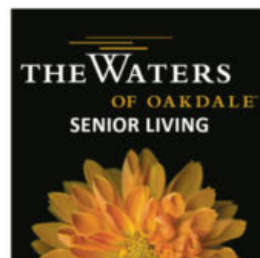
Community Thread extends a great thank you to all of our attendees and generous donors. Funds raised will support Community Thread and its mission to maximize resources and engage volunteers to improve the quality of life for adults and their families in our local community.

## THANK YOU TO OUR EVENT SPONSORS

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**Sharon King**



**John Dow Jr.  
and  
Ada Dow**



# COMMUNITY THREAD NEWS

## A FOND FAREWELL TO OUTGOING BOARD MEMBERS

After six years, **Fred Anderson** has fulfilled two terms as a Community Thread board member. Since 2017, Fred has donated 370 hours, serving as Treasurer as well as volunteering at Spring into Service, Stuff the Bus, and Community on Tap initiatives. Fred helped us develop Thrive by serving on the Thrive Planning Team and his public health background was very helpful when we needed assistance with our COVID response plan. Thank you, Fred, for your contribution to our mission with your positive energy and wise leadership.



**Chris Dressel** has also fulfilled two terms, donating 330 hours in many leadership capacities including President. Chris was a supporter of the Holiday Hope program, where she sponsored families. She also volunteered at Community on Tap initiatives and worked alongside her First State Bank and Trust coworkers at last year's Spring into Service event. Chris demonstrated her support by walking in the Lumberjack Days parade when Community Thread was honored for our flood response work in 2019. We are a stronger organization thanks to her business and human resources expertise.



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Community Thread, Stillwater, MN

A 4C 02-1032



community thread

## MEMBERSHIP OPTIONS

*Limited Benefits*

### **Intro**

Access to Community Thread Library

Ongoing Clubs & Activities (\$5/visit)

Wellness Classes from Juniper (Fees apply)

Special Events & Classes (Fees apply)

Hosted Activities & Services (Fees vary)

Rides to Medical Appointments (\$25/roundtrip)

Connector Bus Loop (FREE)

*Social Benefits*

### **Connect**

Access to Community Thread Library

Ongoing Clubs & Activities (FREE)

Wellness Classes from Juniper (FREE)

Special Events & Classes (Discounted)

Hosted Activities & Services (Fees vary)

Rides to Medical Appointments (1 ride/year FREE)

Connector Bus Loop (FREE)

Group Excursions (Fees apply)

At-Home Service (1 task/year FREE)

Trade Provider List (Coming soon)

*Social & Service Benefits*

### **Enrich**

Access to Community Thread Library

Ongoing Clubs & Activities (FREE)

Wellness Classes from Juniper (FREE)

Special Events & Classes (FREE)

Hosted Activities & Services (Fees vary)

Rides for Medical & Non-Medical Needs (6 rides/month FREE)

Connector Bus Loop (FREE)

Group Excursions (Discounted)

At-Home Services (2 tasks/month FREE)

Trade Provider List (Coming soon)

Seasonal Services (Coming soon)

Companion Calls (Coming soon)

**No Annual Fee**  
**Costs Vary Per Person**

**Annual Fee= \$144**  
**(Equal to \$12/month)**

**Annual Fee= \$480**  
**(Equal to \$40/month)**

Worried about pricing? Call us! Promotional and reduced rates exist for those who qualify.



**CURIOUS ABOUT THRIVE?**

**JOIN US AT OUR 1-YEAR ANNIVERSARY HAPPY HOUR!**



- WHAT DOES THRIVE OFFER?
- WHAT WILL THRIVE OFFER?
- WHICH MEMBERSHIP SHOULD I CHOOSE?
- CAN I AFFORD IT?
- IS THRIVE RIGHT FOR ME?

Our activities and services have been available to the community for decades, but in April of 2022, we evolved and expanded our trusted community resources to launch our Thrive membership program.

**JOIN US ON MAY 9, 3-5PM AT COMMUNITY THREAD IN STILLWATER TO GET ALL OF YOUR QUESTIONS ANSWERED AND MEET CURRENT MEMBERS!**

- Enjoy live music, food, and beverages!
- Free and open to all.
- Pre-registration is encouraged but not required, 651-439-7434.
- Spread the word and bring your friends!

*Can't make it? Please call 651-439-7434 to ask about Thrive membership.*



**community thread**



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# THRIVE SPECIAL EVENTS AND CLASSES



## FLORAL DESIGN CLASS

**Thursday, May 4 | 1pm | Community Thread, Stillwater**

Instructor Steven Glaser will teach you how to arrange flowers. You will get to take home your own creation! *Pre-register by May 1.*

Cost: FREE for Enrich members, \$10 for Connect members, and \$20 for Intro/Non-members

*\*Please bring sharp scissors or shears. All other supplies will be provided.*

## COOL IN THE CABANA

**Tuesday, May 23 & Tuesday, June 27 | 10am**

**Community Thread, Stillwater**

Delicious recipes and a great group of fun cooks come together each month to get creative in the kitchen! Led by Judy King.

Cost: Free for Enrich members, \$3 for Connect members, \$6 for Intro/Non-members



**Space is limited for these classes. Please pre-register by calling 651-439-7434.**

## TECHNIQUES IN PAPER CRAFTING

Go beyond basic card making with Monique Vernon and explore new techniques in paper crafting!

**Location:** Community Thread, Bayport at 10am

**Cost:** Free for Enrich members, \$10 for Connect members, \$20 for Intro/Non-members

*Pre-registration required by May 30 and June 26.*



**May 31: Tea Bag Art** - Stamp and paint on used tea bags to create embellishments for cards and collages.

**June 28: Watercolor** - Three easy ways to make beautiful backgrounds! Ink, water, paper, and a stamp is all you need.



## CARD MAKING

Make and Take six greeting cards. Please bring your own scissors, glue, and tape runner. Supplies for the cards provided. Led by Monique Vernon and Chris Doerr.

**Friday, May 12 & Friday, June 9 | 10am**

**Location:** Community Thread, Bayport

**Cost:** Free for Enrich members, \$8 for Connect members, \$16 for Intro/Non-members

*Pre-registration required by May 10 and June 7.*



# THRIVE INVOLVEMENT

## THRIVE EXCURSION: AGATHA CHRISTIE AT GUTHRIE THEATER

**A who-done-it mystery.** Passengers aboard the opulent Orient Express awake to frightful news: Overnight, the American business mogul among them was stabbed to death behind locked doors.

**Join us to find out what happens next!**



### The Details:

- **Wednesday, May 31**
- **Bus to leave Community Thread at 11:45am.**
- **Showtime is 1:00pm.**

Cost: Payment and registration due May 25.

- CONNECT members is \$60
- ENRICH members is \$30

\*Cost includes transportation, box lunch from Brine's and ticket to show.

Open to Thrive ENRICH and CONNECT members only.

## HAPPY HOUR MIXER

# CHEERS!

Let's celebrate the 1 year anniversary of Thrive!

Join us for live music, snacks, and fun! Music provided by the St. Croix Boomer Band.



### The Details:

- **Tuesday, May 9**
- **3-5pm**
- **Free and open to all**
- **Pre-registration encouraged: 651-439-7434**



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# ACTIVITIES AND CLUBS

## MEN'S GROUP

This group of active men enjoy getting together to discuss, socialize, and enjoy company. Each meeting has a different discussion topic.

- 2nd & 4th Thursday/Month
- 10:30am at Stillwater

*\*Will not meet on May 11.*



## 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 at Stillwater

**\*PLEASE NOTE: MEN'S GROUP AND WISE, WONDERFUL, WOMEN ARE FREE FOR THRIVE MEMBERS. NOT A MEMBER YET? SIGN UP WHEN YOU ATTEND AN ACTIVITY!**

## BREAKFAST CLUB



Join in our monthly breakfast at The Oasis Cafe in Stillwater. Enjoy a delicious breakfast, warm cup of coffee, and good community. All are welcome.

- **When?** Wednesday, May 31 at 8am, & Wednesday, June 28 at 8am
- **Where?** The Oasis Cafe, 806 Main St., S., Stillwater
- **Cost?** Open to all. Drinks and food are on your own. Pre-registration encouraged. Call 651-439-7434.

## HAVE YOU EVER WANTED TO LEARN THE UKULELE?

*Well, now is the time!*

Join volunteer musician, Pat, on Tuesdays at 1pm to learn the ins and outs of this beautiful instrument. Free and open to all, **Pre-registration required.** Call 651-439-7434 to register.



# FEATURED EVENT

## ENJOY THE OUTDOORS IN AN INCLUSIVE AND ADAPTIVE WAY WITH LIMITLESS CYCLING!



Stop in to check out the  
inclusive bikes from  
Limitless Cycling.  
*Rides will be given,  
weather permitting.*

### ABOUT

Limitless Cycling was founded in 2019 to improve the mental and physical health of our community. We bring piloted adaptive bicycles to seniors, veterans, and those who can no longer bicycle independently to create an outdoor experience and opportunity for volunteerism.



- Thursday, June 8 at 10am
- Free and open to all!
- Community Thread, Stillwater
- Pre-registration is encouraged:  
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# ACTIVITIES AND CLUBS

## QUILTING

Stop in and help make machine sewn quilts. Join an experienced volunteer who leads this program. All are welcome to come and learn.

*Quilts are donated and distributed to Community Thread and other local nonprofit organizations.*

- 1st & 3rd Wednesday/Month
- 9:30am | Bayport



Ongoing activities and clubs are free for Thrive members. Not a member yet? Sign up when you attend the activity.

### BINGO

Join a lively crew for Bingo and fun prizes! Daubers can be purchased for \$1 each.

**Fridays, May 5 & 19**

**Fridays, June 2 & 16**

**10:00am | Stillwater**

### FUN BRIDGE

A fun and lively group that enjoys playing weekly. All are welcome to stop in and play!

**Tuesdays**

**9:30am | Bayport**

### FRIDAY FUN

Drop in to play your favorite game or work on a puzzle. Feel free to bring your own, too!

**Fridays**

**12-3pm | Stillwater**

### BOOK CLUB

Join a great group who loves to read! Visitors and new members welcome.

- Monday, May 8: "The Sun Does Shine" by Anthony Ray Hinton, presented by Bev Jellum
- Monday, June 12: "Wish You Well" by David Baldacci, presented by Gail Andrews

**1:00pm | Stillwater**

### PAINTING

Open studio. No instructor.

**Fridays**

**9:30am | Stillwater**



### FUN WITH YARN

Do you want to crochet? Do you itch to knit? Want to learn? Beginners through veterans are welcome to work on your project or start something new!

**Wednesdays**

**1:30-2:30pm | Stillwater**

### HAND AND FOOT

What is Hand & Foot? No, it's not a medical thing, it's not an exercise class... it's a card game! Hand & Foot is played with multiple decks of cards. New players welcome!

**1st & 3rd Monday/Month**

**12:00pm | Stillwater**

### 500-CARDS

We welcome you! Come and join this fine group of card players for a fun afternoon.

**1st & 3rd Tuesday/Month**

**12:00pm | Bayport**

**2nd & 4th Wednesday/Month**

**12:00pm | Stillwater**

**WHAT CARD GAMES DO YOU WANT TO PLAY?** Call us at 651-439-7434 and let us know which card games you are interested in playing with other Thrive members!

# May 2023 Event Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 12pm Bowling (O) 12pm Hand and Foot (S)	<b>2</b> 9:30am Fun Bridge (B) 9:30am SAIL Aerobics (B) 10am BBBb* Sorting Crew (S) 12pm 500/Cards (B) 1pm Ukulele Lessons (S) 1:30pm Sewing 101 (S)	<b>3</b> 9am Cribbage in Schools (O) 9am Tai Chi (B) 9:30am Quilting (B) 1:30pm Fun With Yarn (S)	<b>4</b> 9:30am SAIL Aerobics (B) 10:30am Wise Wonderful Women (S) 1:00pm Floral Design Class (S)	<b>5</b> 9am Tai Chi (B) 9:30am Intro to Watercolors (S) 10am Bingo (S) 12pm Friday Game Fun
<b>8</b> 9am Health Ins. Counseling (S) 12pm Bowling (O) 1pm Book Club (S)	<b>9</b> 9:30am Fun Bridge (B) 9:30am SAIL Aerobics (B) 1pm Ukulele Lessons (S) 3pm Happy Hour Mixer (S)	<b>10</b> 8:45am Cribbage in Schools (O) 9am Tai Chi (B) 12pm 500/Cards (S) 1:30pm Fun With Yarn (S) 4pm Community on Tap (O)*	<b>11</b> <b>COMMUNITY THREAD CLOSED</b>	<b>12</b> 9am Tai Chi (B) 9:30am Intro to Alcohol Inks (S) 10am Card Making (B) 12pm Friday Game Fun (S)
<b>15</b> 12pm Bowling (O) 12pm Hand and Foot (S)	<b>16</b> 9:30am Fun Bridge (B) 9:30am SAIL Aerobics (B) 10am BBBb* Sorting Crew (S) 12pm 500/Cards (B) 1pm Ukulele Lessons (S) 1:30pm Sewing 101 (S) 4pm Fare for All (S)	<b>17</b> 9am 55+ Driver Discount Program (B) 9am Cribbage in Schools (O) 9:30am Quilting (B) 1:30pm Fun with Yarn (S)	<b>18</b> 9:30am SAIL Aerobics (B) 10am Foot Care (B) 10:30am Wise Wonderful Women (S) 1pm BBBb* Sorting Crew (S)	<b>19</b> 9am Tai Chi (B) 9:30am Painting Studio (S) 10am Bingo (S) 12pm Friday Game Fun (S)
<b>22</b> 12pm Bowling (O)	<b>23</b> 9:30am Fun Bridge (B) 9:30am SAIL Aerobics (B) 10am BBBb* Sorting Crew (S) 10am Cool in the Cabana (S) 1pm Ukulele Lessons (S)	<b>24</b> 9am Tai Chi (B) 12pm 500/Cards (S) 1:30pm Fun with Yarn (S)	<b>25</b> 9:30am SAIL Aerobics (B) 10:30am Men's Group (S) 1pm BBBb* Sorting Crew (S)	<b>26</b> 9am Tai Chi (B) 9:30am Painting Studio (S) 12pm Friday Game Fun (S)
<b>29</b> <b>COMMUNITY THREAD CLOSED</b>	<b>30</b> 9:30am Fun Bridge (B) 9:30am SAIL Aerobics (B) 10am BBBb* Sorting Crew (S) 1pm Ukulele Lessons (S) 1:30pm Sewing 101 (S)	<b>31</b> 8am Breakfast Club (O) 9am Tai Chi (B) 10am Techniques in Paper Crafting (B) <b>11:45 Thrive Excursion* (O)</b> 1:30pm Fun with Yarn (S)	<b>*Community on Tap</b> will be hosted at Charlie's Restaurant & Irish Pub in the Water Street Inn in Stillwater. See page 16 for more information. <b>*BBBb Sorting Crew</b> is a group of volunteers who sort jewelry in preparation for Baubles, Bangles, & Bling boutique - a fundraiser for Community Thread. <b>*Breakfast Club</b> is held at Oasis Cafe in Stillwater <b>*This month's Thrive Excursion</b> is a trip to the Guthrie Theater.	

# June 2023 Event Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>*BBBb Sorting Crew</b> is a group of volunteers who sort jewelry in preparation for Baubles, Bangles, &amp; Bling boutique - a fundraiser for Community Thread.</p> <p><b>*Breakfast Club</b> is held at Oasis Cafe in Stillwater.</p>				
<p><b>5</b></p> <p>12pm Bowling (O)</p> <p>12pm Hand and Foot (S)</p>	<p><b>6</b></p> <p>9:30am Fun Bridge (B)</p> <p>9:30am SAIL Aerobics (B)</p> <p>10am BBBb Sorting Crew (S)*</p> <p>12pm 500/Cards (S)</p> <p>1pm Ukulele Lessons (S)</p>	<p><b>7</b></p> <p>9am Tai Chi (B)</p> <p>10:30am Fun with Yarn (S)</p>	<p><b>8</b></p> <p>9:30am SAIL Aerobics (B)</p> <p>10am Limitless Cycling (S)</p> <p>10:30am Men's Group (S)</p> <p>1pm BBBb Sorting Crew (S)*</p>	<p><b>9</b></p> <p>9am Tai Chi (B)</p> <p>9:30am Painting Studio (S)</p> <p>10am Card Making (S)</p> <p>12pm Friday Game Fun (S)</p>
<p><b>12</b></p> <p>9am Health Ins. Counseling (S)</p> <p>12pm Bowling (O)</p> <p>1pm Book Club (S)</p>	<p><b>13</b></p> <p>9:30am Fun Bridge (B)</p> <p>9:30am SAIL Aerobics (B)</p> <p>10am BBBb Sorting Crew (S)*</p> <p>1pm Ukulele Lessons (S)</p> <p>4pm Fare for All (S)</p>	<p><b>14</b></p> <p>9am Tai Chi (B)</p> <p>10:30am Fun with Yarn (S)</p> <p>12pm 500/Cards (S)</p>	<p><b>15</b></p> <p>9:30am SAIL Aerobics (B)</p> <p>10am Foot Care (B)</p> <p>10:30am Wise Wonderful Women (S)</p> <p>1pm BBBb Sorting Crew (S)*</p>	<p><b>16</b></p> <p>9am Tai Chi (B)</p> <p>9:30am Painting Studio (S)</p> <p>10am Bingo (S)</p> <p>12pm Friday Game Fun (S)</p>
<p><b>19</b></p> <p>12pm Bowling (O)</p> <p>12pm Hand and Foot (S)</p>	<p><b>20</b></p> <p>9:30am Fun Bridge (B)</p> <p>9:30am SAIL Aerobics (B)</p> <p>10am BBBb Sorting Crew (S)*</p> <p>12pm 500/Cards (S)</p> <p>1pm Ukulele Lessons (S)</p>	<p><b>21</b></p> <p>9am Tai Chi (B)</p> <p>10:30am Fun with Yarn (S)</p>	<p><b>22</b></p> <p>9:30am SAIL Aerobics (B)</p> <p>10:30am Men's Group (S)</p> <p>1pm BBBb Sorting Crew (S)*</p>	<p><b>23</b></p> <p>9am Tai Chi (B)</p> <p>9:30am Painting Studio (S)</p> <p>12pm Friday Game Fun (S)</p>
<p><b>26</b></p> <p>12pm Bowling (O)</p>	<p><b>27</b></p> <p>9:30am Fun Bridge (B)</p> <p>10am BBBb Sorting Crew (S)*</p> <p>10am Cool in The Cabana (S)</p> <p>1pm Ukulele Lessons (S)</p>	<p><b>28</b></p> <p>8am Breakfast Club (O)*</p> <p>10am Techniques Paper Crafting (B)</p> <p>10:30am Fun with Yarn (S)</p> <p>12pm 500/Cards (S)</p>	<p><b>29</b></p> <p>1pm BBBb Sorting Crew (S)*</p>	<p><b>30</b></p> <p>9am Tai Chi (B)</p> <p>9:30am Painting Studio (S)</p> <p>12pm Friday Game Fun (S)</p>

# HOSTED ACTIVITIES & OUTINGS

## SEWING 101

Join instructor Mary Hanf for a three class series on sewing! At the first class, learn how to attach a **zipper** while making a small zipper pouch. Please bring a shirt to be upcycled into the pouch (not a t-shirt or similar fabric shirt).

At the second class, learn to **hem**. Bring an item that needs hemming, and we will focus on the do's and don't of basic alterations.

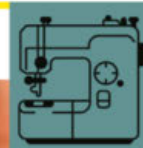
The third and final class will be a bonus project. Participants get to **choose** what they want to work on!

**When:** Tuesdays, May 2, 16, 30 from 1:30-3pm

**Where:** Community Thread, Bayport

**Cost:** Free for Thrive Enrich & Connect members, \$10 for Intro-/Non-members

*There are a limited number of machines available for use, pre-registration required - 651-439-7434. If you have your own machine, please bring it.*



## BBBB SORTING CREW

Join in the fun! Help sort through **jewelry and purse donations** to get ready for Community Thread's annual jewelry sale, Baubles, Bangles, & Bling boutique. *No experience necessary! All are welcome.*

**When:**

- Tuesdays from 10am-12pm
  - May 2, 16, 23, 30 and June 6, 13, 20, 27
- Thursdays from 1pm-3pm
  - May 18, 25 and June 1, 8, 15, 22, 29

**Where:** Community Thread, Stillwater



## COMMUNITY THREAD CLOSURE: REMINDER

Reminder: Community Thread will be closed on May 11 and May 29. Please see calendar for more details. Questions? Call 651-439-7434.



# STAYING WELL

## COMMUNITY GARDEN

### Garden volunteers needed!

Do you have a **green thumb** and a few extra hours in your week to spend outside?

We need your help in **planting and maintaining** our community garden at our Stillwater location.

Our Community Garden has a variety of **vegetables and herbs** that are there for everyone and anyone to harvest.

Interested? Call Kim at 651-439-7434 to learn more and to sign up!



## TAI CHI QUAN

Improve balance, strengthen muscles, and reduce risk of falling using tai ji quan (also known as tai chi) movements to stay mobile and independent. No prior experience is necessary, and all ability levels are welcome.

Led by Lead Trainer, Jose.

- **Wednesdays & Fridays at 9am**
  - **May 12 - June 23**  
*[No class on May 17]*
- **Community Thread, Bayport**

**Cost: \$36 for the series.**

*No charge for One Pass, Renew Active, Silver & Fit, and Silver Sneakers.*

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



## SAIL AEROBICS

Stay Active & Independent for Life (SAIL) is a strength, balance, and fitness class from Juniper. Join certified instructor Sara Thompson for a great way to stay active!

- **Tuesdays & Thursdays, May 2-June 22**
  - *(will not meet May 11)*
- **9:30-10:30am**
- **Community Thread, Bayport**
- Free for Connect & Enrich members
- \$2 for Intro/non-members per time.
- Register online at [YourJuniper.org](http://YourJuniper.org) or call 1-855-215-2174.

## FOOT CARE

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

- Call Melissa at 715-222-9456 or email [SoleCareNurseMelissa@gmail.com](mailto:SoleCareNurseMelissa@gmail.com) to schedule an appointment time.
- Appointments can be made on:
  - Thursday, May 18
  - Thursday, June 15.
- **Community Thread, Bayport.**

# STAYING WELL

## TRY SOMETHING NEW!

### PAINTING CLASS WITH SYLVIA BENSON

**Watercolors:** Artist Sylvia Benson will teach you how to paint in watercolors, while describing how the water and pigment work together on paper. *Supplies can be purchased for \$5 day of class. Please specify when you register if you need supplies.*

**When:** Friday, May 5 at 9:30am

**Where:** Community Thread, Stillwater

**Cost:** Free for Thrive Enrich & Connect members, \$5 for Intro-/Non-members



**Alcohol Inks:** Looking to get your creativity flowing? Join Artist Sylvia Benson for a painting class with alcohol inks, including two projects. *All supplies will be provided.*

**When:** Friday, May 12 at 9:30am

**Where:** Community Thread, Stillwater

**Cost:** \$10 for Thrive Enrich & Connect members, \$15 for Intro-Non-members

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



#### SENIOR COMMUNITY = BRIARCLIFF = MANOR APARTMENTS

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Community Thread, Stillwater, MN

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# VOLUNTEER CENTER NEWS - CIA 2023

Since 1975, the Community Involvement Awards (CIA) have recognized outstanding volunteer service in Washington County. These awards serve as a spotlight to honor and celebrate the hard work that these individuals engage in to strengthen our communities.

We are grateful for all volunteers for enriching our community.

To learn more about our CIA Winners, please visit our website: [CommunityThreadMN.org/CIA](https://CommunityThreadMN.org/CIA)

## LEGACY AWARD - IRV JOHNSON

Irv made the world a better place. Over his 99-year life, his contributions included delivering Meals on Wheels; teaching students to play cribbage; and donating blood on a regular basis. Whatever the need, the Bayport community always knew they could count on Irv. WCCO radio recognized Irv's outstanding service by awarding him the Good neighbor award. Today, family and friends celebrate and cherish the legacy created by Irv Johnson.



## LIFETIME AWARD - VICKI SLAGLE

Vicki has volunteered for Afton Bayport Lakeland Lions Club, Art Reach St. Croix, Community Thread, Solid Ground and Valley Outreach. She has also fundraised for local schools and mesothelioma research. Her volunteerism has made a significant difference in our community.



## LIFETIME AWARD - RICHARD THRON

Richard's vast contributions include safe drinking water as part of helping to create the county's ground water plan; volunteering with Lions Club International; the local snowmobile club; and the Lower St. Croix Veterans' Memorial. He has a lifetime of being of service to others.



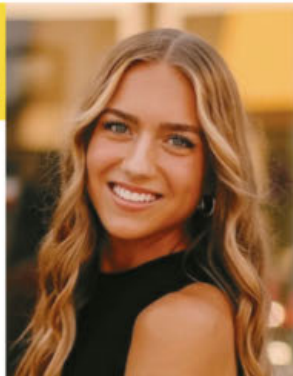
## OUTSTANDING VOLUNTEER AWARD - KATIE BANG

Besides her leadership role in Stillwater Noon Rotary, Katie's proudest accomplishment is organizing "Bridge for Books", distributing 10,000 free books to children. She rallied her coworkers to volunteer and organized her family to pack meals at Valley Outreach. She demonstrates how caring for one another is a priority in our community.



## YOUTH AWARD - LAUREN KLANCHER

Lauren's extensive involvement with YoungLife over the last six years is a clear demonstration of her dedication to the community and volunteerism. She is bettering her neighbors' lives through FamilyMeans, too, showing a promising future in giving back.



## YOUTH AWARD - ALEX HALLAWAY

Alex started volunteering with Afton Lakeland Bayport Lions Club where he helps with club events and fundraisers even though he is too young to be a member. The Boy Scouts and Feed My Starving Children also encourage his participation in community service, setting the stage for his development as a leader.



## OUTSTANDING GROUP - ST. CROIX YACHT CLUB

Because of their successful fundraising, the St. Croix Yacht Club has given back by donating to numerous shelters and food shelves including Valley Outreach, Turning Point in Hudson, and the Dwelling Place in Mendota Heights. In addition, the St. Croix Yacht Club is involved with Community Thread's signature initiatives including River Rally and Holiday Hope. Their big hearts make our community a better place to live.



# VOLUNTEER CENTER NEWS



## FINDING NEW VOLUNTEER OPPORTUNITIES MADE EASY!

SCAN HERE TO LEARN  
MORE ABOUT VOLUNTEER  
OPPORTUNITIES  
THROUGH COMMUNITY  
THREAD CONNECT!



Did you know that **Connect** at Community Thread is a volunteer portal where you can find a variety of ongoing and one-time opportunities at local nonprofit organizations?

## 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 (i.e., posting opportunities on our Connect database, management support, and gain additional visibility).

Visit [CommunityThreadConnect.org](http://CommunityThreadConnect.org) to become an affiliate today!

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Community Thread, Stillwater, MN

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# VOLUNTEER CENTER NEWS

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

THANK YOU!



Since 1973, Community thread has hosted AARP Tax-Aide Volunteers. Over the years, they have assisted thousands of individuals prepare tax returns. This year, 2023, AARP Tax-Aide Volunteers filed 780 federal tax returns for older adults and low income households. Thank you, Tax Volunteers, for all you do!

## THANK YOU TO THE 2023 FLOOD RESPONSE VOLUNTEERS!

Thank you to the 225 volunteers who filled approximately 21,500 sandbags during our three days of Emergency Flood Response Sand Bagging in March. All volunteer positions were filled before we could blink. The City of Stillwater is lucky to have so many amazing neighbors, individuals, teams, and groups who stepped up to fill an important need this spring!



THANK YOU!



# VOLUNTEER OPPORTUNITIES

## THRIFT SHOP VOLUNTEER

The Thrift Store Sales Associate is a volunteer position that provides visitors with a great shopping experience.

*Scan the QR code to learn more!*



Basic Needs

Thrift Shop



## RIVER VALLEY RIDERS VOLUNTEER



RIVER VALLEY RIDERS  
EQUINE-ASSISTED SERVICES

The primary volunteer role is walking alongside the participant as they ride their horse during the lesson.

*Scan the QR code to learn more!*



## WE'RE HIRING!

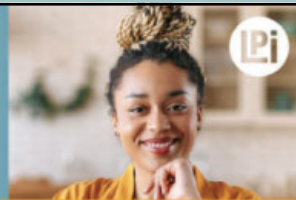
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# SPRING VOLUNTEER OPPORTUNITIES



community thread

**SPRING INTO SERVICE  
KICKS OFF MAY 6!**



## WHAT IS SPRING INTO SERVICE?

Help strengthen our community and volunteer during the month of May. Spring into Service is one of Community Thread's signature initiatives that helps local nonprofit organizations working to strengthen our community. By volunteering your time, you will make a difference by assisting with special projects in and around local organization facilities and properties. *Scan the QR code below or call 651-439-7434 for more information.*

## WHO CAN SIGN UP?

Anyone can sign up, and groups are encouraged! Grab your coworkers, invite your friends, and wrangle your families! It's time to jump into action and help our community get ready for spring!



Scan the QR Code to  
Sign Up for Spring into  
Service 2023!

## WHAT IS COMMUNITY ON TAP?

Community on Tap is a fun event that combines happy hour with volunteering! We will enjoy a drink and/or some food (on your own) while we assemble hygiene and dental kits to support local nonprofits. *Scan the QR code below or call 651-439-7434 for more information.*

## WHO CAN SIGN UP?

All are welcome! Families, work groups, sports teams, neighbors, anyone! No registration is necessary. Simply show up, volunteer, enjoy good food and drinks, and make a difference.



Scan the QR Code for more  
information about  
Community on Tap!



Community On Tap

community thread

**MAY 10, 4-6PM AT  
CHARLIE'S IRISH PUB**



# GET TO KNOW US

## MEET VOLUNTEERS JOANNE AND PAT CULLEN

Joanne and Pat Cullen moved to Stillwater 45 years ago and are familiar faces to Community Thread. Originally hailing from the West 7th Side of St. Paul (Joanne) and the East Side of St. Paul (Pat), this couple found out about Community Thread via other volunteer outlets.

*"We've learned that there are so many different needs in our community," they agreed. "It's rewarding and feels good to offer help to others, even if it's small assistance."*

The couple enjoys inviting friends to join them when they gather to assemble personal care bags and snack packs for kids and teens during Community on Tap events. In addition, they love volunteering for Stuff the Bus and Holiday Hope. Pat has also volunteered as a tax aide for four years through the AARP Tax Aide Program, hosted annually at Community Thread's Stillwater location.



*Pictured (left to right): Volunteer Pat Cullen, Volunteer Joann Cullen, with friends at Community on Tap.*

Although both retired, Joanne works part time for M Health Fairview handling insurance verification. Pat continues to referee youth hockey. In their spare time, they are both self-proclaimed die-hard Minnesota Wild fans, enjoy hiking, biking, and snowshoeing, and love spending time with their grandson.

***Thank you for volunteering your talents, Joanne and Pat!***

## A WARM WELCOME TO NEW BOARD MEMBERS



**Lowell Johnson** joins us with an impressive 36-year career in public service with Washington County Department of Public Health and Environment. Lowell's community involvement includes coaching youth sports and volunteering for church activities. He currently serves as President of St. Paul Sons of Norway Lodge; as a member of the Lakeview Health Foundation Board; and Chair, Lakeview Health and Wellness Advisory Committee.

**Cassandra Martin** serves as the VP of Midwest Sales at SAP, a market leader in enterprise software. Her volunteer experience includes numerous nonprofits in the community (Community Thread; Valley Outreach; Hope House) and she has raised awareness and funding for a number of charitable causes (Special Olympics; ALS; and Breast Cancer Awareness) to name a selected few.



**Margaret Smith** is a former 3M executive. In 2009, she started consulting under UXL, Creating Successful Leaders. Her volunteer experience includes leadership roles in the Catholic Worker Community; Women's Business Bridge; Leadership in the Valley; as well as the Zephyr Theatre, the Church of St Michael and United Way Washington County – East.

**Bruce Stephan** brings broad experience to our board, from advertising to manufacturing to mid-market business development consulting. His current employer is Pinnacle Climate Technologies, where he is Vice President of Marketing and Customer Experience. Bruce's volunteering experience includes serving on the board of a Home Owners Association, volunteering for Meals from the Heart, and Habitat for Humanity.



***We look forward to your leadership!***

# 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 for 2023

May 16, June 13, July 18, August 1, September 19, October 17, November 14

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

## FOOD ASSISTANCE RESOURCES

**Open Cupboard** - Provides nutritious food for those in need. Call 651-233-1296 or visit [www.opencupboard.org](http://www.opencupboard.org) to learn more.

**Today's Harvest** is a free market open Monday-Friday 12-6pm, or Saturday 10am-1pm. Two locations in Oakdale. Visit [www.opencupboard.org](http://www.opencupboard.org) to learn more.

### **Optage (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](http://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](mailto: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](http://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: FREE.**

*This service is open to all. Call 651-789-6221 or visit [www.newtrax.org](http://www.newtrax.org) 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.

**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.

*Learn more about transportation resources in Washington County by visiting [www.gowashingtonmn.com](http://www.gowashingtonmn.com).*

# 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](http://driverdiscountprogram.com). Call 1-888-234-1294 for more information. Cost: \$24

Wednesday, May 17 at 9am | Community Thread 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](http://canvashealth.org) to learn more.

### Family Means

Helps families with counseling and therapy, caregiver support, debt and financial management, youth programs, and grief support. Call 651-439-4840 or visit [www.familymeans.org](http://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](http://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](http://www.visionlossresources.org) to learn more.

### Weathering Life's Losses Adult Grief Group

Helps people struggling to learn about grief and have the opportunity to share their story. Call 651-430-4578 to learn more.

### Make It OK Ambassadors

Reduces stigma around mental illness and makes space for caring conversations. Email [makeitok@healthpartners.com](mailto:makeitok@healthpartners.com) to learn more.



### 9-8-8 Suicide Prevention

9-8-8 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline (now known as the 988 Suicide & Crisis Lifeline).

## 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](http://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.

### Health Insurance Counseling

Trellis provides health insurance counseling to people who receive Medicare benefits or are eligible for them. Gain a better understanding of what services are covered and the insurance options available to supplement Medicare coverage.

Appointments required.  
Call 1-800-333-2433.



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Community On Tap

community thread

**WHAT? COMMUNITY ON TAP**

**WHEN? MAY 10, 4-6PM**

**WHERE? CHARLIE'S RESTAURANT &  
IRISH PUB, IN WATER STREET INN**

**WHO? ANYONE! FREE AND OPEN TO ALL!**



SPRING  
service

community thread

**WHAT? SPRING INTO SERVICE**

**WHEN? MONTH OF MAY**

**WHERE? ALL OVER THE ST. CROIX  
VALLEY!**

**WHO? ANYONE! FREE AND OPEN TO ALL!**

