



The Connector

community thread

Volume 4 - Issue 1

January/February 2019

Update from the Executive Director

I have an important message to share!
But first I'd like to tell a story.

Diane is 76 and lives alone. We first met Diane when we began providing her and her husband rides to medical appointments. After Diane became a widow, we also began providing chore services such as lawn mowing, leaf raking and other yardwork.

Diane recently had a fall and needs several rides to physical therapy each week. She shared, "The drivers and chore volunteers are wonderful. Each person who has helped me is very kind. A few of my neighbors help me out, but I don't want to ask them all the time. I can't afford to hire someone to take me to my medical appointments or mow the lawn. It's great to be able to call Community Thread and have a volunteer help me."



I share this story because Diane is not alone. Any one of us may find that we need some help to stay safely in our home as we age.

Now, to the important message!
Community Thread is developing a program that will expand the assistance that people can receive to remain living independently. We have been exploring a new model of support services over the last three years, and are moving ahead!

Learn more about the "village model" on page 3.

See pages 7-8 for the Senior Center Calendar



Inside this Issue

Community Thread News	2-5	Special Thanks	17
Special Programs	6-7	Volunteer Center News	18
Let's Get Together	8-9	Featured Volunteer Opportunity	19
Senior Center Activities	10		
Calendar	11-12	Chore Services & Transportation News	20
Create It!	13		
Living Well	14-15	Get to Know Us	21
Special Event	16	Resources	22-23



Our Locations

Community Thread

Stillwater Senior Center

2300 Orleans St. W.
Stillwater, MN 55082

Phone: 651-439-7434

Hours: M-F, 9am-4pm

Bayport Senior Center

342 Fifth Avenue
Suite 180
Bayport, MN 55003

Phone: 651-275-8907

Hours: M-Th, 9am-2pm
F, 9am-12 noon

Staff

Sally Anderson

Executive Director

Kathryn Bolinder

Associate Director

Allissa Obler

*Development &
Communications Director*

Sarah Haugen

*Development &
Communications Coordinator*

Sue Elmer

Older Adult Program Director

Kim McRunnel

Older Adult Program Coordinator

Jennifer Kmecik

Volunteer Center Director

Leanna Miller

Volunteer Center Coordinator

Cathy Dyball

*Chore Services & Transportation
Program Manager*

Jessica Hanacek

*Chore Services & Transportation
Program Assistant*

Jenny Hutchins Farrell

Administrative Assistant

Bus Loop Service Off to a Good Start

In the first month of service, the Community Thread Connector Loop bus served 36 riders - a good start for a new loop. Every Monday from 10am to 3pm, the bus offers scheduled stops at senior housing complexes and area businesses, plus other shopping and retail destinations. With a \$3 all you can ride fare, riders may get on and off at any of the stops along the loop. The bus seats 16 people, is fully handicap accessible and accommodates riders of all age and income levels.

Margaret Kinkaid, pictured here with driver Bruce Arnold, used the bus to attend a medical appointment. According to Margaret, "I usually have to ask my daughter to take off work to give me a ride, so this was really convenient. It picked me up at my apartment and after my appointment at Lakeview Hospital, I rode the bus to get back home. I plan to use the bus to do some holiday shopping too. The \$3 fare is really a savings over other transportation options. Thank you so much for this service!"



Riders who live within 2 blocks of the bus route may request to be picked up at their home by calling DARTS at 651-234-2272 the week prior to the service. Riders may also park at Community Thread and use the bus service from there.

NOTE: If the Stillwater Area Public Schools (ISD #834) are closed due to inclement weather, the bus will not be in service.

Our Newsletter has Expanded!

The Connector has added four more pages.
Check out our new information, let us know what you think!



Update from the Executive Director (con't)

What is a Village?

"Villages" are membership-driven organizations that, through both volunteers and paid staff, coordinate access to affordable services including transportation, health and wellness programs, home repairs, social and educational activities, and other day-to-day needs. Note that none of these services are medical or personal care, rather they are the support services that enable people to live as independently as possible in their own home.

Last year, we hosted a community forum where we heard many positive responses to this model. We also talked to several groups who would be most likely to use the program. More detail about this exciting new program will be shared in the coming months. Stay tuned!

Did you know...

There are over 200 villages open with another 150 in development across the country.



Tax Preparation Time

Trained and certified AARP Tax-Aide volunteers will offer free tax assistance at Community Thread from February 11 to April 10, 2019.

These volunteers will explain tax requirements, answer questions, complete your tax return (based on the documents you present) and electronically file your return at no cost to you.



The AARP Tax-Aide program, sponsored by the AARP Foundation, is offered in conjunction with the IRS and the State of Minnesota for low and middle-income taxpayers.

Not all IRS Forms and Schedules can be prepared by AARP Tax-Aides (e.g. residential rental income, etc.).

Returns can only be prepared for Minnesota residents with income from Minnesota or Wisconsin.

Bring the items listed below to your appointment.

If you do not have the proper documents with you at appointment time, you will have to reschedule.

For filing federal and state income taxes:

- ◆ Photo identification
- ◆ Birth date and Social Security card(s) for each person on the return
- ◆ Health Care Insurance Information for Filers and all Dependents for each month of 2018, including any documents you may have received from the "Exchange" (also called the "Health Insurance Marketplace")
- ◆ Copy of 2017 income tax return(s)
- ◆ W-2 forms from each employer for tax year 2018
- ◆ 1099-misc forms or documentation for self-employment income in tax year 2018
- ◆ 1099-R forms if you received pension or annuity income in tax year 2018
- ◆ SSA-1099 forms if you received Social Security benefits in tax year 2018
- ◆ 1099-G forms if you received any unemployment compensation in tax year 2018
- ◆ Listings of gambling winnings in tax year 2018
- ◆ All 1099 forms showing interest and/or dividend income and any documents showing the cost of assets (stock, etc.) sold in tax year 2018
- ◆ Any educational costs in tax year 2018

If you intend to itemize your deductions:

- ◆ Mortgage interest, property taxes paid, medical costs and contributions, charitable contributions, vehicle license costs, sales tax for any large purchases.

Bring any additional documents that could possibly be relevant to your situation.



For more information:

Visit the Minnesota Department of Revenue web page at <http://www.revenue.state.mn.us>.

A copy of your return and all original documents will be returned to you.
No tax records are stored at Community Thread.

Request a Tax Appointment

Beginning January 7—Call 651-439-7434

Appointments will be offered
Mondays, Tuesdays and Wednesdays from
February 11 to April 10, 2019





TRAVEL SHOW



Come learn about the Landmark experience and upcoming vacations!

Landmark Tours is a Minnesota-based, family-owned company passionate about delivering unforgettable travel experiences. Their inclusive packages feature round-trip airfare, quality accommodations in great locations, enjoyable meal experiences, admission to all itinerary attractions, deluxe cruise and motor coach transportation, and the services of a professional Tour or Cruise Manager.

Thurs., Jan. 31 • 1pm • Stillwater
FREE • Call 651-439-7434 to reserve your spot

Upcoming travel opportunities include:

New Orleans: The Big Easy – March 2019
 Treasures of the Southeast - Savannah, Charleston, Asheville – April 2019
 New York City: The Big Apple - May and September 2019
 Highlights of Britain: England, Scotland, Wales – May 2019
 Dreaming of the Rhine River Cruise – May 2019

Can't attend the presentation? Call for a catalog 612-230-2040 or visit www.gowithlandmark.com

**Landmark
Tours**

Fraud & Identity Theft: It Can Happen to You



Pete Orput, Washington County Attorney, will give a crime prevention presentation on "Senior Safety Tips." Topics covered include telemarketing fraud and common criminal schemes such as: rip offs targeting grandparents, Social Security and Medicare scams, "you have won" scams, e-mail imposters, fake charities and identity theft.

Presenter: Pete Orput, Washington County Attorney

Fri., Feb. 22 • 10-11am • Stillwater

FREE to attend
 Call 651-439-7434 to reserve your spot

**Washington
County**





Honoring the Stories Behind the Stuff

Do you have a box of old photos and memorabilia that you have moved from room to room or house to house over the years? Have you avoided tackling those boxes because you just don't know what to do with it or you feel guilty if you don't really want it?



This program is for you!

- Learn a process to help sort through your photos and memorabilia efficiently, while still honoring the memories they represent.
- Develop creative and space-saving tips to preserve them for future generations.

Instructors: Holly Corbid owner, Capture Your Photos and Amanda Lathrop owner, Lead Sheep Productions, both are members of the Greater Stillwater Area Chamber of Commerce.



Thurs. Jan. 24 • 1-2:30pm • Stillwater

Free • Call 651-439-7434 to reserve your spot



Book Club

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

2nd Monday/month • 1pm • Stillwater

January 14

Suite Francaise by Irene Domirovsky
Presented by Phyllis Bjork Bergstrom

February 11

Choose a book from your past and give a short account of how it has influenced your life.
Presented by Joan Meierotto

Bowling for FUN!



Open to anyone, men and women. A fun time to learn, have fun or practice your game!

Includes use of a ball and shoes. Join in anytime!

Every Monday • 12pm at Woody's in Bayport
Cost: \$4 for two lanes
Call Kim for more information 651-275-8907.

Wise, Wonderful Women

This small, casual group meets twice a month to share life experiences, laugh and learn from each other. All are welcome to stop in and meet new women in the community!

1st & 3rd Thursday/month • 10:30am • Stillwater

January 3 & 17

February 7 & 21

tpt Program Club



This program meets like a book club except participants watch a *tpt video program*. Together, we enjoy a short discussion about the program. Refreshments provided.

3rd Wednesday/month • 1:30pm • Stillwater
Facilitated by Meg Johnson
FREE to attend. Call 651-439-7434 to RSVP.

Wed. Jan. 16

NATURE: Pets: Wild at Heart. From the award-winning team that brought us "EARTHflight" and "Penguins: Spy in the Huddle" comes a revolutionary look at our pets. Our pets may seem familiar but they



exist alongside us in a secret world of wild behavior and natural abilities that we hardly recognize. This series explores this parallel existence with all the techniques that have been perfected in past "spy" shows, including HD spy cameras, night vision cameras, drones, miniature on-board cameras and digital high-speed cameras.

Wed. Feb. 20

Penelope Keith's Hidden Village: Royal Deeside Penelope

travels through Royal Deeside, a remote part of Aberdeenshire. It's



a land of enormous estates served by tiny communities. Penelope visits the few villages that exist and explores how important Queen Victoria was in shaping modern Deeside. She takes to the skies in a glider, visits the station built for Queen Victoria in the 1860s, goes to the Highland Games arena for the first time since the 1950s and discovers the secrets of the present Queen's vegetable patch at Balmoral.



Valentine's Day Party

Celebrate Valentine's Day at Community Thread!

LIVE entertainment featuring The Resisters and Eddie as Elvis!
Come and celebrate with friends and family! All are welcome!
Elvis is sure to provide us some fun entertainment and songs full of LOVE and laughter!

Thursday, Feb. 14 • 1pm • Stillwater

\$5 per person • Reservations due by Feb. 11

Refreshments served Call 651-439-7434 to reserve your spot!





Please check the printed calendar. Many are subject to cancellation or changes due to holiday events.

500-Cards

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

1st & 3rd Tuesday/month • 12:30pm • Bayport
2nd & 4th Wednesday/month • 12pm • Stillwater

Beginning Bridge

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

Every Tuesday • 9:30am • Bayport

Bingo

A fun, relaxed hour of BINGO! Cards are a quarter apiece for the hour. Fun prizes are given to the WINNERS!

1st & 3rd Friday /month • 10am • Bayport

Bunco

Bunco is a great way to end the week! Come in and play this fun and easy-to-learn dice game. The more people that play, the more fun it is! We are always looking for more players, so grab a friend or just bring yourself to have a great morning. Cost: \$1.50

1st and 3rd Friday/month • 9:30am • Stillwater

Mahjong

Join us in learning and playing this fun and fascinating game! All skill levels welcome. Not sure what Mahjong is.... Stop in and see!

Every Wednesday • 9:30am • Bayport

Dominoes-Mexican Train

Learn to play Mexican Train Dominoes. New players are always welcome. This is a great game to learn and teach your grandchildren!

3rd Monday/month • 12:30pm • Bayport

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 played with multiple decks of cards. Come to play or watch how it's played. New players welcomed!

3rd & 4th Monday /month • 11am • Stillwater

Party Bridge

Join in a fun afternoon of socializing and play a hand of cards. Sign-up with a partner, one week in advance. If you need a partner, there is a substitute list to help. A list of regular players and rules are available for first-time players. To sign up to play or if you have any questions, call 651-439-7434 by the Wednesday prior.

Every Friday/month • 12pm • Stillwater
 Cost: \$1

Pinochle

Join in any time with our weekly Pinochle group! We are always looking for more players to play this classic game with us. No registration or fee. Drop in to join in the fun!

Every Thursday/month • 12:30pm • Bayport

Cribbage

Are you an experienced cribbage player? Then come and spend an afternoon playing cribbage with others, and have some fun!

Every Tuesday & Thursday • 1pm • Stillwater
 1st Thurs./month Bayport Senior Center

Senior Centers Calendar

January 2019

S	Monday	Tuesday	Wednesday	Thursday	Friday	S
		1 <i>Happy New Year!</i> <i>Community Thread</i> <i>CLOSED</i>	2 9:30a Mahjong (B) 9:30a Quilting (S) 1:30p Fun w/ Yarn (S) 3p Aerobics (S)	3 9:10a Cribbage w/ the School 9:30a Aerobics (B) 10:30a Wise Wondfl Wmn (S) 1p Cribbage at Bayport (B) 12:30p Pinochle (B)	4 9:30a Bunco (S) 9:30a Painting Studio (S) 10a Bingo (B) 12p Bridge (S)	5
6	7 9a Cribbage with the School 12p Bowling (O) 3p Aerobics (S)	8 9:30a Beginner Bridge (B) 9:30a Aerobics (B) 1p Cribbage (S)	9 9:30a Mahjong (B) 12p 500/Cards (S) 1:30p Fun w/ Yarn (S) 3p Aerobics (S)	10 9:30a Aerobics (B) 12:30p Pinochle (B) 1p Cribbage (S)	11 9:30a Painting Studio (S) 10a Card Making (B) 12p Bridge (S)	12
13	14 8:45a Cribbage w/ the School 9a Health Ins.Counsel (S) 12p Bowling (O) 1p Book Club (S) 3p Aerobics (S)	15 9:30a Beginner Bridge (B) 9:30a Aerobics (B) 12p AARP Driver Class (S) 12:30p 500/Cards (B) 1p Cribbage (S)	16 9:30a Mahjong (B) 9:30a Quilting (S) 1:30p Fun w/ Yarn (S) 1:30p tpt Program (S) 3p Aerobics (S)	17 9:30a Aerobics (B) 11a Chair Yoga (B) 10:30a Wise Wondfl Wmn (S) 12:30p Pinochle (B) 1p Cribbage (S)	18 9:30a Bunco (S) 9:30a Painting Studio (S) 10a Bingo (B) 12p Bridge (S)	19
20	21 11a Hand and Foot (S) 12p Bowling (O) 12:30a Dominoes (B) 3p Aerobics (S)	22 9:30a Beginner Bridge (B) 9:30a Aerobics (B) 10a Hot in the Kitchen (S) 1p Cribbage (S) 1:30p Vision Loss Resources	23 9:30a Mahjong (B) 12p 500/Cards (S) 1:30p Fun w/ Yarn (S) 3p Aerobics (S)	24 9:30a Aerobics (B) 11a Chair Yoga (B) 12:30p Pinochle (B) 1p Cribbage (S) 1p Honoring the Stories (S)	25 9:30a Painting Studio (S) 12p Bridge (S)	26
27	28 11a Hand and Foot (S) 12p Bowling (O) 3p Aerobics (S)	29 9:30a Beginner Bridge (B) 9:30a Aerobics (B) 1p Cribbage (S)	30 8:30a Men's Waffle (B) 9:30a Mahjong (B) 1:30p Fun w/ Yarn (S) 3p Aerobics (S)	31 9:30a Aerobics (B) 11a Chair Yoga (B) 12:30p Pinochle (B) 1p Cribbage (S) 1p Travel Show Landmark Tours (S)		

Senior Centers Calendar

February 2019

S	Monday	Tuesday	Wednesday	Thursday	Friday	S
3	4 9a Cribbage w/ School 12p Bowling (O) 3p Aerobics (S)	5 9:30a Beginner Bridge (B) 9:30a Aerobics (B) 12:30p 500/Cards (B) 1p Cribbage (S)	6 9:30a Mahjong (B) 9:30a Quilting (S) 1:30p Fun With Yarn (S) 3p Aerobics (S)	7 9:10a Cribbage w/ School 9:30a Aerobics (B) 10:30a Wise Wondri Wmn(S) 11 Chair Yoga (B) 1p Cribbage at Bayport (B) 12:30p Pinochle (B)	8 9:30a Painting Studio (S) 10a Card Making (B) 12p Bridge (S) 1p Let's Get Organized! (S)	9
10	11 8:45a Cribbage w/ School 9a Health Ins.Counsel (S) 12p Bowling (O) 1p Book Club (S) 3p Aerobics (S)	12 9:30a Beginner Bridge (B) 9:30a Aerobics (B) 1p Cribbage (S)	13 9:30a Mahjong (B) 12p 500/Cards (S) 1:30p Fun With Yarn (S) 3p Aerobics (S)	14 9:30a Aerobics (B) 11a Chair Yoga (B) 12:30p Pinochle (B) 1p Valentine's Day Party	15 9:30a Bunco (S) 9:30a Painting Studio (S) 10a Bingo (B) 12p Bridge (S)	16
17	18 11a Hand and Foot (S) 12:30p Dominoes (B) 12p Bowling (O) 3p Aerobics (S)	19 9:30a Beginner Bridge (B) 9:30a Aerobics (B) 12:30p 500/Cards (B) 1p Cribbage (S)	20 9:30a Mahjong (B) 9:30a Quilting (S) 1:30p Fun With Yarn (S) 1:30p tpt Program (S) 3p Aerobics (S)	21 9:30a Aerobics (B) 10:30a Wise Wondri Wmn (S) 11a Chair Yoga (B) 12:30p Pinochle (B) 1p Cribbage (S)	22 9:30a Painting Studio (S) 10am Fraud & Ident. Theft (S) 12p Bridge (S)	23
24	25 11a Hand and Foot (S) 12p Bowling (O) 3p Aerobics (S)	26 9:30a Beginner Bridge (B) 9:30a Aerobics (B) 10a Hot in the Kitchen (S) 1p Cribbage (S) 1:30p Vision Loss Resources	27 8:30a Men's Waffle (B) 9:30a Mahjong (B) 12p 500/Cards (S) 1:30p Fun With Yarn (S) 3p Aerobics (S)	28 9:30a Aerobics (B) 11a Chair Yoga (B) 12p AARP Driver (S) 12:30p Pinochle (B) 1p Cribbage (S)		



Card Making—Beginner Level

Instructor led class, no experience needed!
"Make and Take" 6 greeting cards. All supplies provided. Different themes offered each month. Join in anytime.

Pre-register at 651-439-7434

2nd Friday/month

January 11 and February 8

10am • Bayport

Cost: \$7 per session

Painting—Open Studio

Enjoy a morning with other painting enthusiasts. Not a painter, but would like to try? Come meet Pat and discuss how to get started. All are welcome! Seasoned painters provide their own materials. Instructor: Pat Carlson-Rukavina

9:30-11:30am • Stillwater • Cost: \$5 per session

Every Friday/month

Fun with Yarn!

**Do you crochet? Do you itch to knit?
Want to learn?**

Join us at our open knit/crochet time. All are welcome to work on a 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. Please let us know if you are coming. Open to all from beginners to advanced.

1:30-2:30pm • Stillwater • Every Wednesday

Quilting

Stop in and help make machine sewn quilts for children in need and our *Craft Cupboard*.

Experienced volunteers lead this program. All are welcome to come and learn about the process of making simple and beautiful quilts.

For more information call 651-439-7434.

9:30am • Stillwater

1st & 3rd Wednesday/month



Winter Weather Closures

**Community Thread &
Senior Center Activities**

Severe winter weather advisory

Community Thread follows the Stillwater Area School Dist. 834 policy and closing announcements due to severe weather and winter conditions. This includes late starts, early closing and all-day closures.

Check with WCCO 830AM radio for announcements.

Please call ahead of scheduled activities for more details as needed.

We want all of our staff and participants to be safe.



Let's Get Organized! Clear the Clutter, Keep the Joy!



A professional organizer with Winnow & Spruce Organizing will share the psychological benefits of getting organized, how to overcome organizing hurdles, how to decide what to keep and clever, creative ways to enjoy what we love. Whether you own too many things, are surrounded by an abundance of items you've inherited from loved ones or want to downsize and aren't sure where to start, you'll learn strategies for whole house success that will take you from feeling overwhelmed to overjoyed.

Presenter: Valerie Cady, Winnow & Spruce Organizing

Friday Feb. 8 • 1-2pm • Stillwater
FREE to attend

Please register to attend 651-439-7434

Vision Loss Resources

Vision Loss Resources helps those with low vision live independently. This group offers support, education and socialization. Stop in and join us to learn more and find out if this group is a good fit for you.

Presenter: Sue Bauer, Community Service Specialist

Please register to attend at 651-439-7434.

Tues. Jan. 22 • 1:30-2:30pm • Stillwater

Tues. Feb. 26 • 1:30-2:30pm • Stillwater



Aerobics

Move to the beat! This popular one-hour exercise class features cardiovascular conditioning exercises, strength training and balance.

Dress comfortably and bring a water bottle. Join in any time!

Classes open to all ages 50+. \$4/session. Purchase a punch cards and SAVE \$.50 per session. 10 session card only \$35.00

Instructor: Kathy Oertel

Monday & Wednesday • 3-4pm • Stillwater
No Class Dec. 31st

Tuesday & Thursday • 9:30-10:30am • Bayport
No Class Jan. 1st

Hot in the Kitchen!

Fun and delicious recipes are prepared together as a group. Learn tips and techniques that can be used in your kitchen too! All participants should bring aprons and be prepared to help in the kitchen from prep work and tastings to clean up. Instructor: Judy King

4th Tuesday/Month • 10-11:30am • Stillwater

Cost: \$6 per class

Call 651-439-7434 to register. *Limited class size.*

January 22

When it's cold outside we crave *Comfort Foods!* This month we will prepare a Baked Macaroni and Cheese to enjoy for our mid-day meal.

February 26

Making Risotto can be pretty labor intensive with the demands of stirring and adding small amounts of liquid. This *Three-Stir Mushroom Risotto* recipe will make an easy but rich meal.



Chair Yoga

Starting in January!

Start out your NEW year with Chair Yoga!

Join in for 8, one-hour Chair Yoga classes to help decrease pain and increase flexibility. These classes will be done in a seated position and focus on gentle movements of the spine, shoulders and hips.

You will also learn to use deep breathing as a tool to relax the body and mind and increase vitality.

All abilities are welcome. Instructor: Erica Schanno

Thursdays • January 17-March 7 • 11am-12pm • Bayport

SAVE \$ with a class pack - all 8 classes for only \$40

"Drop-in" to a try a class (or more) is just \$8

Please call to reserve your spot! Space is limited.





Join us for our 3rd Annual **Black Tie Bingo Fundraiser**



March 2, 2019

6-10pm

Grand Banquet Hall

Bingo Games | Celebrity Callers | Fabulous Prizes

This fundraiser features 6 games of bingo with the chance to win fabulous prizes and enjoy the antics of local celebrity bingo callers.

Guests can also try their luck at other activities & raffles, enjoy music by a local DJ and create memories at our photo booth.

\$75 per ticket or \$600 per table of 8

Get your tickets at www.CommunityThreadMN.org

 **Black Tie
BINGO**
community thread



Thank you to our Holiday Hope Program Sponsors!



Douglas Voegeli



Thank you to everyone who sponsored families or individuals this year,
and thank you to all the volunteers who made it possible!



Rake a Difference Day benefits older adults and adults with disabilities in Washington County by connecting them with volunteer groups to provide leaf raking, allowing them to remain safely and independently in their homes. Over 270 volunteers participated raking 46 yards through this event in 2018.

“Thank you to the volunteers who came and raked my yard as a part of Rake a Difference Day. The group was wonderful! I don’t know if they can imagine what it meant to me and my wife. Thank you!”

~RADD Homeowner

Do you know a hardworking volunteer?

Nominate them for a Community Involvement Award in Washington County.

Community Thread and the Washington County Board of Commissioners are seeking nominations for 2019 Community Involvement Awards in these categories: Lifetime Award, Outstanding Volunteer Award, Youth Volunteer Award, Group/Family Volunteer Award, Exemplary Employer Award and Legacy Award. Nomination forms can be found on Community Thread’s website. The nomination deadline is February 20, 2019.

Awardees will be recognized at a Washington County Board of Commissioners meeting on Tuesday, April 9 in conjunction with National Volunteer Week.

Community Thread will also recognize awardees at the organization’s Celebration of Connections on April 9.



Youth Drop-in Site Volunteers Needed!

Youth Connections drop-in center for homeless youth is located within St. Paul Lutheran Church. Become a trained volunteer in best practices of youth work or help keep the drop-in site stocked and organized.

Volunteer Thursdays from 12 – 3pm OR 3 – 6pm.

For more information contact Joan Countryman, Youth Connections Coordinator, at jbcountryman@stcroixfrc.org or **651-475-4055**.



Make a difference – be a Saint Therese Volunteer!

Saint Therese offers a wide variety of meaningful volunteer opportunities. Provide companionship, escort residents to/from activities, share musical talents, lead bingo games and so much more! Saint Therese offers flexible scheduling and family volunteer opportunities. No experience necessary - just a desire to make a difference and have fun!

Volunteer at the Woodbury Campus today.

For more information contact volunteers@sainttheresemn.org or call **952-283-2210**.



Cribbage with the Schools—Volunteers Needed

Play cribbage with elementary students during their Math Class. Volunteers can choose which school they would like to volunteer at. You don't have to be a cribbage expert, you just need to know the basics!

Call Kim at the Bayport Senior Center to learn more and/or sign up to volunteer at **651-275-8907**.

Upcoming dates:

At Bayport Senior Center with Andersen Elementary, on Mondays, 9:00-10:00am

Jan. 7, Feb. 4, March 4, April 1 and May 6

At Rutherford Elementary, 9:10-10:05am on Thursdays

Jan. 3, Feb. 7, March 7, April 4 and May 2

At Afton Lakeland Elementary, 8:45-9:45am on Mondays

Jan. 14, Feb. 11, March 18, April 15 and May 13





About our program...

In March 2017, Community Thread merged the Chore Services & Transportation Program together under one program to meet the needs of those who need both rides to medical appointments and support with chore services. Since then, we've had an increase in the number of people requesting both services. We've also been able to recruit more volunteers who are able to serve as both drivers and chore services volunteers.

In 2018, the Transportation Program had 34 volunteer drivers who provided 71 recipients with rides to medical appointments. We also had 21 volunteers involved with the Chore Services Program who assisted 22 program recipients with a variety of indoor and outdoor chore projects.

The Chore Services and Transportation Program connects older adults and adults with disabilities to trained volunteers who assist them with home maintenance tasks and door-to-door rides to medical appointments. Assistance may be available on a one-time or ongoing basis. Chore services tasks may include light housecleaning, minor home repairs, lawn care and other projects to help people age in place. While types of medical appointments vary from once a year trips to the doctor for an annual exam to weekly physical therapy appointments.

For more information call **651-439-7434** or visit **www.communitythreadmn.org**.

Transportation Recipient

"It makes it easier to have someone you know and trust come to your house or give you a ride to the doctor."

- from Carol

Chore Services & Transportation Volunteer Reminders

Submit Mileage & Activity Forms

Please be sure to turn in your mileage form each month that you provide a service. Forms are due by the first business day of each month and may be submitted by mail, email or fax.

Mail: Community Thread
2300 Orleans Street West
Stillwater, MN 55082

Email Chore Services:

ChoreServices@CommunityThreadMN.org

Email Transportation:

Transportation@CommunityThreadMN.org

Fax: 651-439-7616





Meet Jennifer (Jenny) Hutchins Farrell

Jennifer joined Community Thread as Administrative Assistant in April 2018 and is likely the first friendly face & voice who welcomes those who visit or call. Jennifer is also responsible for scheduling, data entry and supporting all departments on various projects as needed. She has a unique combination of skills that make her a great fit for the team and carrying out the multitude of tasks the position requires.



Jennifer is a graduate of the University of Wisconsin-River Falls with a B.A.S. in Sociology. Jennifer is also, a U.S. Army Veteran and former Military Police. Past work includes city & state government, along with work in the private sector. She prides herself on always striving to be her best self and has a passion for helping others do the same. In her short time with Community Thread, Jennifer has been impressed by the support of the team and the relentless dedication of their volunteers. Jennifer shares, "It has truly been an inspiring place to work!"

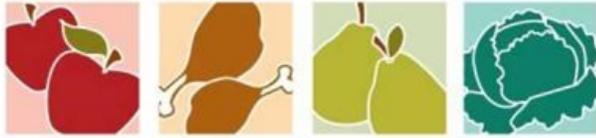
Jennifer enjoys participating in charity runs, advocating for animals and spending time with family. She resides in Bayport with her husband, three dogs and two cats. Thank you Jenny, for all you do to support our guests and keep our office running smoothly!

Meet Margaret (Margie) Horning

"Get Up! Get Going! Give Back!" Margie truly embodies these words that she tries to live by. She has been an active Rotarian with the Stillwater Sunrise Rotary Club for the past 25 years. And, while she has only been involved with Community Thread for the last few years, she is already making a big impact. Margie saw an article in The Connector about volunteering for the Cribbage in the Schools program. She loves to play cribbage and thought it would be a perfect fit for her. She finds joy when playing with the students at Afton-Lakeland, Andersen and Rutherford elementary schools.



Through her involvement at Community Thread, Margie also heard about our AARP Tax-Aide program. As a former CPA, this was another perfect fit. She loved the group of tax volunteers and is looking forward to volunteering for the program again this year. Margie is a regular participant in the "extremely friendly" aerobics class at Bayport Senior Center and also volunteered, along with her Rotary Club, at Community Thread's Volunteer for a Cause at St. Croix Vineyards. "Blessed" is the word Margie uses to describe her involvement with Community Thread. She truly enjoys all the different people she meets while making someone's life better and helping to take burdens away. Thank you Margie for all you do to give back!



FARE FOR ALL

Food that makes cents

Community Thread, Stillwater is now a host site for Fare For All

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

For example, the mini meat package (\$11) contains four frozen items such as turkey, beef, chicken or fish. The mega meat package (\$25) includes a variety of 7-9 frozen meat items, such as beef, chicken, fish, pork or turkey.

Selected fresh produce is also available (\$10) and usually contains 3-4 varieties of fresh vegetables such as potatoes, onions, carrots, along with additional varieties of fresh fruits.

2019 Fare For All dates Coming Soon

Did you know?

Fare for All moved to
Community Thread in 2018.
And it's doing better than ever!
Sales are up over 67%
Check out Fare for All at
Community Thread.

For more information call 651-439-7434

Caregiver/Family Support Services

FamilyMeans

651-439-4840

Dementia Resource Navigators recommended by the Stillwater Area ACT on Alzheimer's Action Team are available to accompany families through complex issues when faced with the many challenges of dementia. Navigators include:

- Sarah Adams at 651-789-4027 or sadams@familymeans.org
- Sarah Gavin at 651-789-4004 or sgavin@familymeans.org
- Valerie Richards at 651-210-7866 or vjrichards@familieswithdementia.com

Alzheimer's Association Support Group

651-210-7866

24/7 Information helpline: 800-272-3900

Cub Foods in Stillwater

Shop.cub.com

Order your groceries online. Orders of \$35 or more are delivered for free.

Help at Your Door

651-642-1892

Provides grocery delivery, handyman services and transportation support.

Meals on Wheels (Optage)

651-746-8280

Offers meal delivery to your home.

Metro Mobility

651-602-1111

Provides demand responsive service for certified riders with disabilities that prevent them from using the regular route system.



2019 AARP Smart Drivers Course

Preregistration required. Class size limited.

Registrations must be accompanied by fee, made payable to Community Thread. Participants must bring their current driver's license to class.

AARP members class fee is \$20. For non-AARP members fee \$25. Classes held at our Stillwater location. Register at 651-439-7434.

Refresher Class (4 hours)

Tues. Jan. 15 • 12-4pm

Thurs. Feb. 28 • 12-4pm

Thurs. March 28 • 12-4pm

Thurs. April 4 • 5:30-9:30pm



First time Class (8 hours total-2 days)

(You must attend BOTH days)

Tues & Thurs. May 7 & 9 • 12-4pm

Tues & Thurs. July 23 & 25 • 5:30-9:30pm

Please call 651-439-7434 to register and pay in advance.



Health Insurance Counseling

The Metropolitan Area Agency on Aging provides health insurance counseling to people who receive Medicare benefits or who are eligible. Gain better understanding of what services are covered and insurance options available to supplement your Medicare coverage. Minnesota residents only.

Appointments required. Call 651-439-7434.

January 14 and February 11 • Stillwater

Senior LinkAge Line

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

Silver Sobriety

651-342-1402

Provides age specific, non-residential recovery services and support for alcohol & drug addiction.

St. Michael's Catholic Church Food Shelf

651-439-3241

Offers food assistance to the Stillwater community.

Transit Link

651-602-5465

Offers a dial-a-ride small bus service where regular route transit service is not available.

Valley Outreach

651-430-2739 or visit www.valleyoutreachmn.org

Offers food, clothing and emergency assistance.

Vision Loss Resources

651-224-7662 or visit www.visionlossresources.org

Offers vision loss resources.

United Way's First Call for Help

Dial 2-1-1 from any landline

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

Don't see the resource you need?

Call us at 651-439-7434



community thread
2300 Orleans Street West
Stillwater, MN 55082

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ORGANIZATION
U.S. Postage
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STILLWATER, MN



community thread



Registration is now open!

\$75 per ticket

\$600 per table of 8



Black Tie Bingo Fundraiser



March 2, 2019

6-10pm

Grand Banquet Hall



6 Games of Bingo | Hors d'oeuvres | Live Music & more!

Buy your tickets today at www.CommunityThreadMN.org