



STAFF REPORT

DATE: March 14, 2023

DISCUSSION

AGENDA ITEM: Presentation from Community Thread

TO: Mayor and Council and Planning Commission

SUBMITTED BY: Kristina Handt, City Administrator

BACKGROUND:

Community Thread in Stillwater has asked to attend a council meeting to make a short presentation about their organization. Sally Anderson, their executive director will be at the meeting. More information about the organization is available at <https://communitythreadmn.org/>

ISSUE BEFORE COUNCIL/COMMISSION:

No action required of Council. Just listen to presentation and ask questions, if applicable.

PROPOSAL DETAILS/ANALYSIS:

NA

FISCAL IMPACT:

NA

ATTACHMENT:

- Annual Report
- March/April Connector

enriching lives since 1967



"I am grateful for Community Thread. The assistance they provide really does make the difference of whether I can keep up with things and remain in my home. Their staff and volunteers make it happen!"



community thread

Dear Friends of Community Thread,

As we reflect on 2021, we are overjoyed that Community Thread was able to continue its mission of serving our community and humbled by the generous support of our volunteers, donors, and supporters. We have two key messages from last year that we would like to share with you.

Our first message is how pleased we were to see everyone working together toward forming another “new normal”. This is evident in the favorable increases in direct services offered to our participants, as well as in visits from older adults who attended social or educational programs. Community Thread served more people in 2021 than 2020; however, this is still only half of the number we served, prior to the pandemic. We look forward to continuing to offer the direct services and experiences that keep people engaged.

The second message is how exciting it was to celebrate setting a new “record”. Our community prides itself on volunteer involvement and Community Thread coordinated the efforts of over 2,500 volunteers in 2021! This equated to nearly \$309,000 in labor. These volunteers were engaged with our organization in many different opportunities, ranging from the Stuff the Bus school supply drive to serving as special “Covid relief” volunteers, and assisting the most vulnerable in our community.

A demand that continues to increase, and has become especially relevant, is the need to help older adults age in place in their homes and in their communities. As adults age, some may experience countless barriers to creating and maintaining their independence. Many face challenges in finding safe and affordable transportation, while others have trouble finding reliable and cost-effective help for routine home repairs and chore assistance. These needs have been especially relevant over the last two years.

At Community Thread, we are well-positioned to help adults age in place and can fulfill this need with our new model for programming: Thrive at Community Thread. In 2021, we introduced Thrive through a “soft launch” and began to offer expanded services to the participants enrolled in our Older Adult and Chore Services and Transportation Programs. Thrive at Community Thread will help us deepen our connection with the community and increase our ability to better serve our neighbors for decades to come.

Finally, throughout the year, the Community Thread Board of Directors worked to advance the financial sustainability of the organization. In 2020 and 2021, Community Thread applied for and was awarded two loans through the Paycheck Protection Program; both loans were forgiven in 2021. We also received a record number of generous gifts from foundations, municipalities, and individual donors who recognized the value of our work. We are in a solid position to continue to advance our mission.

Thanks for your support in keeping our community a caring place.



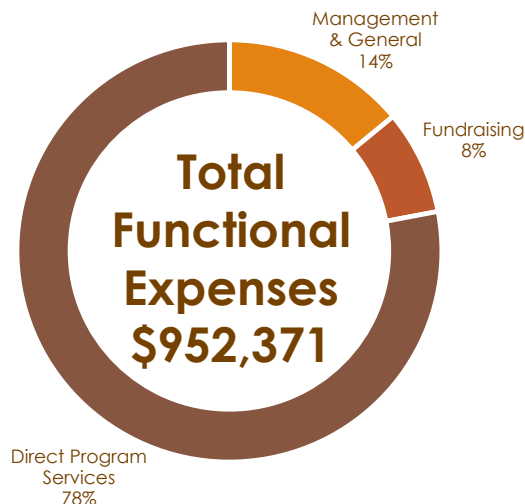
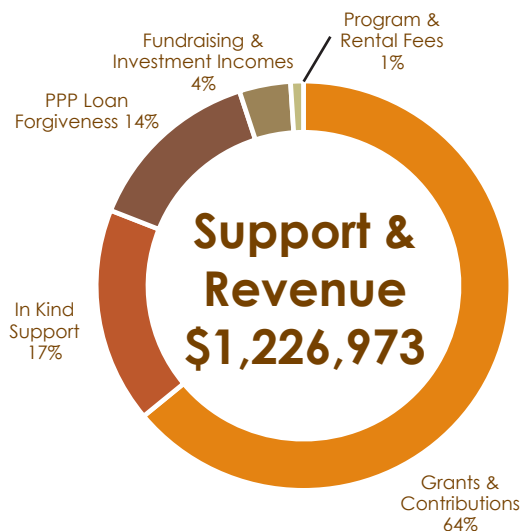
Sharon King
President, Board of Directors

Sharon King



Sally Anderson
Executive Director

Sally Anderson



Statement of Financial Position December 31, 2021 & 2020

| ASSETS | 2021 | 2020 |
|---|------------------|------------------|
| Cash | \$534,839 | \$258,216 |
| Accounts Receivable | \$21,007 | \$79,201 |
| Prepaid Expenses | \$1,220 | \$1,219 |
| Net Property and Equipment | \$411,865 | \$438,040 |
| Other Assets | \$27,692 | \$24,629 |
| Total Assets | \$996,623 | \$801,305 |
| LIABILITIES AND NET ASSETS | | |
| Accounts Payable | \$1,500 | \$6,540 |
| Accrued Expenses | \$55,444 | \$53,088 |
| PPP Loan | (0) | 79,600 |
| Total Liabilities | \$56,944 | \$139,228 |
| NET ASSETS | | |
| Total Unrestricted | \$835,499 | \$618,897 |
| Temporarily Restricted | \$101,180 | \$43,180 |
| Total Net Assets | \$936,679 | \$662,077 |
| TOTAL NET ASSETS & LIABILITIES | \$996,623 | \$801,305 |



Audited financial statements can be found at www.CommunityThreadMN.org.

Financials do not include \$308,924 as valued by the Independent Sector for 9,972 volunteer hours at \$30.98 per hour.

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Communications Coordinator

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Thrive Program Director

Kim McRunnel
Older Adult Program Director

Lynn DeCorsey
Older Adult Program Assistant

Jennifer Kmecik
Volunteer Center Director

Leanna Miller
Volunteer Center Coordinator

Jenny Hutchins Farrell
Administrative Coordinator

Our Locations

Stillwater

2300 Orleans Street West
Stillwater, MN 55082

Bayport

243 Fifth Avenue, Suite 108
Bayport, MN 55082

Phone: 651-439-7434

Fax: 651-789-4193

www.CommunityThreadMN.org

Chore Services & Transportation Program

For decades, the Chore & Transportation Program has played a critical role in our community by helping older adults live independently. By providing rides to medical appointments and support for basic household tasks, we are ensuring daily needs are being met for our local neighbors. In 2021, we began to offer new services to a small group of participants in preparation for the launch of our new membership model - Thrive at Community Thread – designed to expand the social activities and direct services we provide.

As a sampling of the new services offered, some participants claimed rides for errands, to go grocery shopping, or take their pet to the groomer while other participants requested assistance at home for folding laundry or for special projects like sorting photographs.

Thanks to volunteers, we are able to support older adults desiring to age in place, in their homes and in their communities.



76 requests
174 volunteer hours



351 trips
792 volunteer hours



“ I am beyond grateful for the circulator bus! Having personal transportation to and from my errands has been a blessing. We are all so lucky to have an organization like this! ”



community thread
Connector Loop

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Stillwater, MN

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Stillwater
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Older Adult Program

As a year of transition, we brought back programs starting with those that could be done safely with participants staying masked and six feet apart. We adapted other programming by offering technology, space, and assistance; for example, for those wanting to take an online driver refresher course. We offered technology assistance classes with instructions focused on supporting our participants with practical knowledge: ordering groceries online; how to use Zoom and Facebook. These challenges demonstrated the ability of our participants and staff to adapt to changes and learn how to use technology, with the goal of keeping our older adults supported and connected during the pandemic.



45 different activities offered
6,440 visits
693 participants

“We are so very fortunate to have you in our midst. Something for everyone. The doors are open to everyone.”



Volunteer Center

In 2021, Community Thread engaged volunteers in a variety of innovative ways to meet the increased need for connection and support during the pandemic. Throughout the year, volunteers wrote friendly letters to people in assisted living facilities, picked up and delivered food and medication, and called to check in on older adults in the community. We also deepened our collective impact as we responded to new and emerging needs. For example, **Stuff the Bus served 50% more students** with school supplies to help them succeed in their hybrid and distanced learning environments. **Holiday Hope celebrated its 50th year by expanding to serve three new communities, doubling the number of people served.**



286 hours
of service



45 yards
raked



145 hours
of service



2,710 individuals
served



“This past year was devastating for me. I lost everything and found myself in unfamiliar territory. This program gave me hope that I will get through this difficult time.”

- Holiday Hope Recipient





community thread

2300 Orleans Street West
Stillwater, MN 55082

OUR VISION

A community where all
people are engaged,
enriched, and connected.

OUR MISSION

To maximize resources
and engage volunteers
to improve the quality
of life for adults and
their families in our local
community.



Thank you for your support in 2021!

community thread

connecting people. enriching lives.



Scan the QR code for more information about Black Tie Bingo 2023 or visit CommunityThreadMN.org/Black-Tie-Bingo

BLACK TIE BINGO 2023: LIFTING SPIRITS, SHAPING FUTURES

Back by popular demand, Community Thread will host its 6th annual Black Tie Bingo fundraiser on Saturday, April 22, from 6-10pm. The event will be held at Grand Banquet Hall in Stillwater.

The fundraiser will feature local celebrities calling bingo games. Lucky winners will receive fabulous prizes (valued up to \$500 each) such as weekend getaways, golf packages, luxury boating excursions, and more! In addition, a mystery prize wall and a free photo booth will delight guests. An online auction will coincide with the event for those in attendance as well as those who cannot attend in person. Guests will enjoy delicious hors d'oeuvres, desserts, and a cash bar.

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. As a mainstay in the St. Croix Valley for over 55 years, Community Thread continues to **lift spirits and shape futures** through volunteer opportunities for all ages, signature initiatives (including Holiday Hope and Stuff the Bus), and Thrive at Community Thread.

Break out your cocktail attire and get ready for a night of fun, community, and celebration! Buy your ticket before they sell out!

Tickets can be purchased online.



WHAT'S INSIDE

Community Thread News 2-3
 Thrive News 4-5
 Thrive Special Events/Classes 6-7
 Activities & Clubs 8-10
 Event Calendar 11-12
 Hosted Activities & Outings 13
 Staying Well 14
 Wellness Classes from Juniper 15
 Volunteer Center News 16-18
 Volunteer Opportunities 19
 Service Initiative Volunteer Opportunities 20
 Get to Know Us 21
 Community Resources 22-23

COMMUNITY THREAD NEWS

OUR LOCATIONS

COMMUNITY THREAD

Stillwater

2300 Orleans St. W.
Stillwater, MN. 55082

Phone: 651-439-7434

Hours: M-F, 9am-4pm

COMMUNITY THREAD

Bayport

342 Fifth Avenue
Suite 180

Bayport, MN. 55003

Phone: 651-275-8907

STAFF

SALLY ANDERSON

Executive Director

KATHRYN BOLINDER

Associate Director

CATHLEEN HESS

*Development & Communications
Director*

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

LAST MINUTE CIA NOMINATIONS

Since 1975, Community Thread and the Washington County Board of Commissioners have recognized outstanding volunteer service through the Community Involvement Awards. These awards shine a spotlight on volunteerism and honor the great work volunteers do throughout Washington County.

Volunteers are recognized in six categories: youth, group/family, exemplary employer, outstanding, lifetime, and legacy.

Community Thread is now accepting nominations through March 9. Nominees must be residents or volunteer for organizations in Washington County and meet the criteria for each award.

For more information, visit our website:

CommunityThreadMN.org/CIA



CATCH A RIDE ON THE CONNECTOR LOOP

If you need a ride to the grocery store, health care appointment or Community Thread on Mondays, the Connector Loop has you covered!

The Connector Loop bus runs every Monday from 10am-3pm and runs FREE "loops" on an hourly schedule. The bus is free to use (donations accepted) and stops at a variety of Stillwater area businesses. Visit our website for more information and the bus schedule.



COMMUNITY THREAD NEWS

A YEAR OF THRIVING

TIME TO Celebrate

In 2022, Thrive at Community Thread launched as an evolution of programming for older adults in our community. We saw over 200 neighbors participate in Thrive and enjoy social activities, direct services, volunteering, and more.



“ THE PRICE TO BE A MEMBER IS VERY REASONABLE. I ENJOY MY WEEKLY VISITS TO COMMUNITY THREAD. THE STAFF IS SO FRIENDLY! **”**
- Thrive Connect Member



“ THIS HAS BEEN A LIFELINE FOR ME. THANK YOU FOR OFFERING SOCIAL AND SERVICE BENEFITS! **”**
- Thrive Enrich Member



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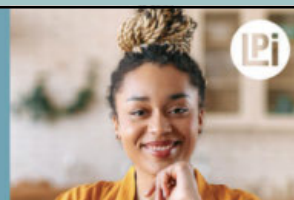
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community thread

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 (\$3/day)

No Annual Fee
Costs Vary Per Person

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 (\$3/day)

Group Excursions (Fees apply)

At-Home Service (1 task/year FREE)

Trade Provider List (Coming soon)

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

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)

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

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

HELP SHAPE YOUR THRIVE BENEFITS

Annual Membership Survey

Were you a member in 2022 and have renewed for 2023? If so, have you received your annual membership survey directly in your mailbox?

This survey helps shape our activities and services to meet **your** needs **today and in the future**. The survey is also important in the communication of Thrive's impact to everyone who invests in the program.

Your feedback is essential.

Please complete and return the survey if you haven't already. Never received one?

Please call us at 651-439-7434.



Small Group Discussions

Have you heard about upcoming Small Group Discussions? Join us to chat about **activities you'd like to see** from Thrive. Are there certain skills you'd like to learn? Games you'd like to play? Places you'd like to go? Speakers you want to hear from? Groups you'd like to form?

Help us better understand how you like to spend your free time, and discuss concrete ways for spreading the word and encouraging participation in new activities.

You do NOT have to be a member to participate in these discussions.

For more information, contact Rachel or Kim at 651-439-7434.



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Community!

THRIVE SPECIAL EVENTS AND CLASSES

TECHNIQUES IN PAPER CRAFTING



Wednesday, March 29: Collage and Vintage Paper

This class will teach you easy ways to use vintage paper, from embossing folders, wax paper, gesso, or masking. Art mediums and three card kits will be supplied.

Expand your card-making, scrapbooking, and/or journaling skills with Instructor Monique Vernon!

*The class will consist of three card designs using the technique featured that month. There will be a demonstration followed by hands-on. *Intermediate level.*

10am at Community Thread, Bayport

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

*Pre-registration required by
March 27 & April 21.*

Wednesday, April 26:

Joseph's Coat Technique

It's all about layering and you will learn about different products to layer to get a special look. Please bring inks and sponge daubers. Three card kits will be supplied.



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

HOT IN THE KITCHEN

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

Tuesday, March 28 & Tuesday, April 25 10am at Community Thread, Stillwater

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



CARD MAKING

Make and Take six greeting cards. Please bring your own scissors, glue, and tape runner. Supplies for the cards provided.

Friday, March 10 & Friday, April 14 10am at Community Thread, Bayport

Cost: Free for Enrich members, \$8 for Connect members, \$16 for Intro/Non-members
Pre-registration required by March 6 & April 10



THRIVE INVOLVEMENT

JOIN THRIVE PROGRAM DEVELOPMENT TEAM

Are you a big picture thinker?
Do you enjoy making connections
between people, businesses, and
resources? Are you committed to
seeing older adults age vibrantly in
our community? Then YOU might
be a good fit for the Thrive
Program Development Team!

The Thrive Program Development Team is a group of Thrive members, volunteers, and community members who help improve and grow Thrive at Community Thread. For over two years, this team has helped launch the program by supporting marketing strategies, conceptualizing benefits, interpreting survey results, assisting recruitment efforts, and much more. In 2023, we are looking to improve, and refine what Thrive has to offer to you!

If you're interested in participating on this team, please share your interest with Rachel, Thrive Program Director, by calling 651-439-7434 or emailing Rachel@CommunityThreadMN.org.

**Please note this team meets separately from the Small Group Discussions mentioned on page 5.*



- Consumer Banking
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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



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, March 29 at 8am, & Wednesday, April 26 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 Tuesday afternoons to learn the ins and outs of this beautiful instrument. Instruction will happen during weekly jam session. Free and open to all,

**Check out page 14 for more details about our open jam session!*



FEATURED EVENT

THRIVE MEMBER ONLY EXCURSION: MINNESOTA HISTORY CENTER

What? Take the bus to the Minnesota History Center. Explore Minnesota's past! Featured exhibits include: *Sherlock Holmes* and *Our Home*.

When? Thursday, March 30 - Bus will leave Community Thread at 12:30pm. You will have two hours to explore the history center. We will return to Community Thread around 3:30pm.

Cost? \$40 per person (includes transportation and admission). Pre-registration and payment required by March 28. Call 651-439-7434.



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HISTORY CENTER



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ACTIVITIES AND CLUBS

FRIDAY GAME FUN

Looking for a fun game to play? Drop in to play your favorite game or work on a puzzle. We have cards and supplies for 500, cribbage, bridge along with many more games. Feel free to bring your own, too!

- Fridays
- *The last Friday of each month will be a Fantastic Fun Friday with treats and group games! Thrive members may bring a guest!*
- 12-3pm | Stillwater



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, March 3 & 17
Fridays, April 7 & 21
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 | Stillwater

QUILTING

Stop in and help make machine sewn quilts. Experienced volunteers lead this program. All are welcome to come and learn.

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

BOOK CLUB

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

- Monday, March 13: "The Personal Librarian" by Marie Benedict, presented by Paula Burnett
- Monday, April 10: "Patty Jane's House of Curl" by Lorna Landvik, presented by Lois Gassman

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!

March 2023 Event Calendar

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|---|
| | | 1 9am Cribbage in Schools (O) 9:30am Quilting (B) 1:30pm Fun with Yarn (S) | 2 9:30am SAIL Aerobics (B) 10:30am Wise Wonderful Women (S) 11am Tai Chi Quan (B) | 3 9:30am Painting Studio (S) 10am Bingo (S) 12pm Friday Game Fun (S) |
| 6 12pm Bowling (O) 12pm Hand and Foot (S) | 7 9:30am Fun Bridge (B) 9:30am SAIL Aerobics (B) 12pm 500/Cards (B) 1pm Open Jam Session (S) | 8 8:45am Cribbage in the Schools (O) 9am 55+ Driver Discount (B) 12pm 500/Cards (S) 1:30pm Fun with Yarn (S) | 9 9:30am SAIL Aerobics (B) 10:30am Men's Group (S) 11am Tai Chi Quan (B) | 10 9:30am Painting Studio (S) 10am Card Making (B) 12pm Friday Game Fun (S) |
| 13 9am Health Ins. Counseling (S) 12pm Bowling (O) 1pm Book Club (S) | 14 9:30am Fun Bridge (B) 9:30am SAIL Aerobics (B) 11am Tai Chi Quan (B) 1pm Open Jam Session (S) 4pm Fare for All (S) | 15 9am Cribbage in the Schools (O) 9:30am Quilting (B) 1:30pm Fun with Yarn (S) | 16 9:30am SAIL Aerobics (B) 10am Foot Care (B) 10:30am Wise Wonderful Women (S) 11am Tai Chi Quan (B) | 17 9:30am Painting Studio (S) 10am Bingo (S) 12pm Friday Game Fun (S) |
| 20 12pm Bowling (O) 12pm Hand and Foot (S) | 21 9:30am Fun Bridge (B) 9:30am SAIL Aerobics (B) 11am Tai Chi Quan (B) 12pm 500/Cards (B) 1pm Open Jam Session (S) | 22 12pm 500/Cards (S) 1:30pm Fun with Yarn (S) | 23 9:30am SAIL Aerobics (B) 10:30am Men's Group (S) 11am Tai Chi Quan (B) 1pm Travel Show with Landmark Tours (S) | 24 9:30am Painting Studio (S) 12pm Friday Game Fun (S) |
| 27 12pm Bowling (O) | 28 9:30am Fun Bridge (B) 10am Hot in the Kitchen (S) 11am Tai Chi Quan (B) 1pm Open Jam Session (S) | 29 8am Breakfast Club (O) 10am Techniques in Paper Crafting (B) 1:30pm Fun with Yarn (S) | 30 11am Tai Chi Quan (B) 12:30pm Thrive Excursion (O) | 31 9:30am Painting Studio (S) 12pm Friday Game Fun (S) |

April 2023 Event Calendar

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|---|
| 3 12pm Bowling (O) 12pm Hand and Foot (S) | 4 9:30am Fun Bridge (B) 9:30am SAIL Aerobics (B) 11am Tai Chi Quan (B) 12pm 500/Cards (B) 1pm Open Jam Session (S) | 5 9am Cribbage in the Schools (O) 9:30am Quilting (B) 1:30pm Fun with Yarn (S) | 6 9:30am SAIL Aerobics (B) 10:30am Wise Wonderful Women (S) 11am Tai Chi Quan (B) | 7 9:30am Painting Studio (S) 10am Bingo (S) 12pm Friday Game Fun (S) |
| 10 9am Health Ins. Counseling (S) 12pm Bowling (O) 1pm Book Club (S) | 11 9:30am Fun Bridge (B) 9:30am SAIL Aerobics (B) 11am Tai Chi Quan (B) 1pm Open Jam Session (S) | 12 8:45am Cribbage in the Schools (O) 12pm 500/Cards (S) 1:30pm Fun with Yarn (S) | 13 9:30am SAIL Aerobics (B) 10:30am Men's Group (S) 11am Tai Chi Quan (B) | 14 9:30am Painting Studio (S) 10am Card Making (B) 12pm Friday Game Fun (S) |
| 17 12pm Bowling (O) 12pm Hand and Foot (S) | 18 9:30am Fun Bridge (B) 9:30am SAIL Aerobics (B) 11am Tai Chi Quan (B) 12pm 500/Cards (B) 1pm Open Jam Session (S) 4pm Fare for All (S) | 19 9am Cribbage in the Schools (O) 9:30am Quilting (B) 1:30pm Fun with Yarn (S) | 20 9:30am SAIL Aerobics (B) 10am Foot Care (B) 10:30am Wise Wonderful Women (S) 11am Tai Chi Quan (B) | 21 9:30am Painting Studio (S) 10am Bingo (S) 12pm Friday Game Fun (S) |
| 24 COMMUNITY THREAD CLOSED | 25 9:30am Fun Bridge (B) 9:30am SAIL Aerobics (B) 10am Hot in the Kitchen (S) 11am Tai Chi Quan (B) 1pm Open Jam Session (S) | 26 8am Breakfast Club (O) 10am Techniques in Paper Crafting (B) 12pm 500/Cards (S) 1:30pm Fun with Yarn (S) | 27 9:30am SAIL Aerobics (B) 10:30am Men's Group (S) 11am Tai Chi Quan (B) | 28 9:30am Painting Studio (S) 12pm Friday Game Fun (S) |
| ** Black Tie Bingo: Saturday, April 22. Purchase tickets online at communitythreadm.org/black-tie-bingo/ or scan the QR code:  | | | | |

HOSTED ACTIVITIES & OUTINGS

Nat'l Park of the S.W.

Zion, Bryce & Grand Canyon
May & September



Yellow Stone

& The Grand Tetons
June



Pacific Northwest

Seattle, Portland, Oregon Coast
June



Two July Alaska Trips

Land & Sea Adventure
Glaciers & Trains



Great Lakes Northern Shores

Door County & Mackinac Island
June



Nova Scotia

& the Islands of Eastern Canada
August



Canadian Rockies

Banff, Lake Louise, Yoho Nat. Park
June & August



Trains of Colorado

5 Historic Rail Excursions
September



Cape Cod

Nantucket, Martha's Vineyard
June



Germany, Austria

& Switzerland
September



LANDMARK TOURS TRAVEL SHOW

Join us as Landmark Tours presents an array of unforgettable travel experiences in the U.S. and abroad. Landmark Tours, a local, family-owned tour operator, offers inclusive packages that feature round-trip airfare, quality accommodations in great locations, enjoyable meal experiences, admission to all itinerary attractions, and so much more!

- **When?** Thursday, March 23 at 1pm
- **Where?** Community Thread, Stillwater
- **Cost?** Free and open to all. Pre-registration encouraged. Call 651-439-7434.

"This was such an incredible experience. The community, sites, and accommodations were top notch. I can't wait for our next trip!"

-Landmark Tour Traveler & Thrive Member

We are grateful for our partnership with Landmark Tours. For each trip booked by a participant of Community Thread, Landmark Tours gives a small commission to Community Thread to use for Thrive membership activities and local excursions.
Thank you Landmark Tours!

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STAYING WELL

TAI CHI QUAN: MOVING FOR BETTER BALANCE (BEGINNER)

Improve your balance, strengthen your muscles, and reduce your risk of falling using tai ji quan (also known as tai chi) movements to stay mobile and independent.

This class meets two times a week for one hour. You'll learn eight tai ji quan forms plus therapeutic variations. No prior experience is necessary, and all ability levels are welcome. All forms can be done seated or standing.

Brought to you by Live 2 B Healthy®.

Led by Lead Trainer, Jose.



- **Session 1: Tuesdays & Thursdays, March 7 - March 30 at 11am, Community Thread, Bayport**
- **Session 2: Tuesdays & Thursdays, April 4 - April 27 at 11am, Community Thread, Bayport**

Cost: \$24 for each session (8 classes).

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

Pre-registration is required.

Call 651-439-7434.

JAM SESSION

Do you play an instrument or sing? Get together with other musicians and meet new friends! All abilities are welcome - enjoy and learn.

- Tuesdays at 1pm
- Community Thread, Stillwater
- Free and open to all.
- Pre-registration not required, but is encouraged. Call 651-439-7434.

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 to schedule an appointment time.
- Appointments can be made on Thursday, March 16 or Thursday, April 20.
- Community Thread, Bayport.

WELLNESS CLASSES FROM JUNIPER

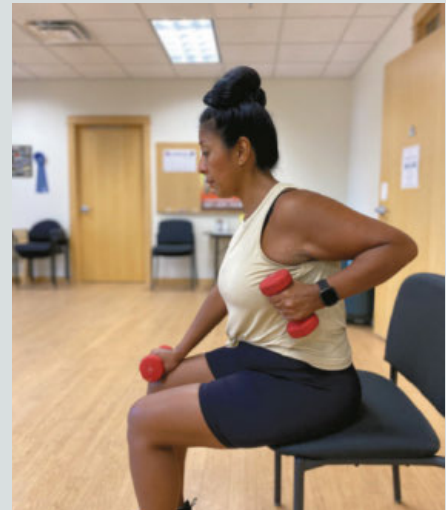
SAIL AEROBICS

Stay Active & Independent for Life (SAIL) is a strength, balance, and fitness class from Juniper. Classes are taught by certified instructor Sara Thompson.

Tuesdays & Thursdays | 9:30-10:30am | Bayport

FREE for Thrive members; \$2 per session for non-members

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



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= **BRIARCLIFF** =
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- Common laundry facilities
- Heated underground parking
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E 4C 02-1032

VOLUNTEER CENTER NEWS



TO LEARN MORE AND TO VIEW THE LIST OF OPPORTUNITIES, SCAN THE QR CODE OR VISIT THE [WEBSITE](#).

UPCOMING INITIATIVE: JOIN US FOR SPRING INTO SERVICE MAY 2023

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 above or call 651-439-7434 for more information.



2022 SPRING INTO SERVICE RECAP



How can you be part of the difference this year?

- Stay tuned for specific opportunities and details (i.e., volunteer sites and times).
- Gather a group of friends or coworkers and make it a team building event.
- When sites and times are available (mid-April), sign up!

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 to become an affiliate today!

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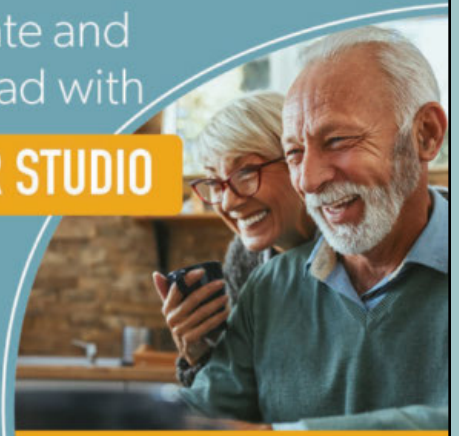
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Community Thread, Stillwater, MN

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VOLUNTEER CENTER NEWS

NATIONAL VOLUNTEER WEEK 2023: APRIL 16-22

Thank you to the many generous volunteers who help improve our community and keep people engaged, enriched, and connected. We are grateful for your efforts and dedication to volunteerism. The work of Community Thread would not be possible without many hands. We celebrate you and your commitment to bettering our world during **National Volunteer Week, April 16-22, 2023**, and every day of the year!



THANK YOU, VOLUNTEERS!



"Volunteering with Community Thread is something I look forward to. It feels good to give back to my community and engage with other volunteers at all of the different initiatives."

-COMMUNITY THREAD VOLUNTEER

2022 WAS A GREAT YEAR!

3,087 volunteers

10,427 hours

\$312,289.00 value



VOLUNTEER OPPORTUNITIES

ADAPTIVE TEAM FITNESS ASSISTANT



**COURAGE KENNY
REHABILITATION
INSTITUTE**

Do you have a passion for fitness? Courage Kenny needs you! Volunteers assist an energetic group of teens and young adults with disabilities who work on their wellness goals during the class.



Scan the QR code to learn more about becoming an Adaptive Team Fitness Assistant!



FamilyMeans
BETTER IS POSSIBLE

NIGHT OUT FUN CREW

FamilyMeans is looking for volunteers ready to have some fun and like to help people. If that's you, please consider joining our Night Out Fun Crew. The Night Out Fun Crew will help care receivers participate in fun activities while providing a safe environment.



Scan the QR code to learn more about joining the Night Out Fun Crew!

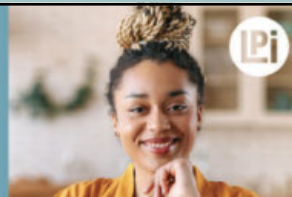
Visit www.communitythreadconnect.org for even more volunteer opportunities!

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Community Thread, Stillwater, MN

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THRIVE AT COMMUNITY THREAD: VOLUNTEER OPPORTUNITIES

LAWN CARE CREW

Can't wait to be outside this Spring? We are shifting gears to Spring chores. Adopt a yard and help a neighbor with routine lawn-mowing this year. Get fresh air, and give peace of mind! Individuals and groups welcome.



TRANSPORT TEAM

The Transport Team needs you! Thrive offers its members rides to appointments, errands, social activities, and pick-up/delivery of essential items. Drive on your time, and meet new people while making a difference!



HOME HELPERS

Helping in someone's home with simple repairs and chores can make or break an individual's ability to live independently. Become a Home Helper with Thrive and make a difference in your neighbor's life. This is a flexible opportunity and can be done as a team or individually!



CALL COMPANIONS

Do you want to socialize from the comfort of your home? Help a neighbor stay connected to their community by being a call companion! Make a difference in someone's life with just two calls per month. Flexible and rewarding!



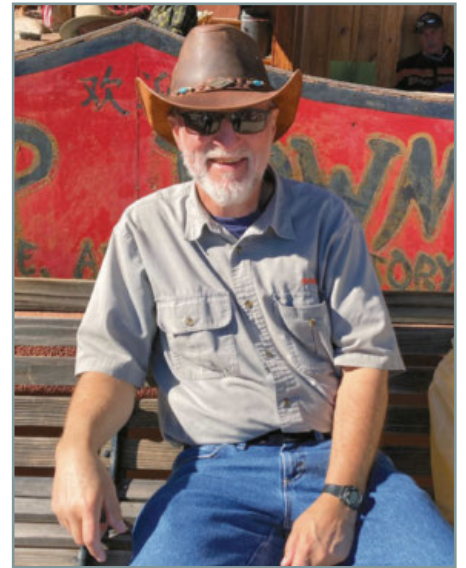
Visit our website (CommunityThreadMN.org) or call us at 651-439-7434 if you're interested in any of these opportunities!

GET TO KNOW US

MEET DALE TENNISON - VOLUNTEER

As a trusted non-profit in the St. Croix Valley for over 55 years, Community Thread serves the area as a volunteer center for all ages, as well as a community center for older adults and adults with disabilities. Community Thread's deep roots in the area, coupled with generous support from the community, creates thousands of donor records that need continuous and accurate maintenance.

Since last fall, Dale Tennison has helped Community Thread with plans to upgrade the software used to thank donors and track donations. "I enjoy the structure of information and software applications to solve problems and identify opportunities," he shared. "My interests were always focused on the effective use of technology and information to benefit my employers."



Having worked in and around banking for 50 years, Dale retired in 2019. Just a few years prior to retirement, he and his wife, Sandi, built a house in Stillwater, and noted, "We very much enjoy the city, trails, and river." Dale enjoys hiking, biking, and kayaking both in Minnesota and around the world, including the El Camino Santiago in Spain. In addition to supporting Community Thread with his data skills, he has supported the Multiple Sclerosis Society for 22 years.

Dale first learned about Community Thread when he and Sandi stuffed backpacks during Stuff the Bus. "Community Thread is very dynamic and has a great deal of community support," Dale said. As a result of the nature of what Community Thread does, Dale knew that his volunteer experience will serve Community Thread well.

Thank you for volunteering your time and talents, Dale!

MEET SARA WAGNER - BOARD MEMBER

Community Thread is fortunate to have Sara Wagner as one of our leaders, serving as our incoming President on our Board of Directors.

Sara graduated from St. Catherine University with a degree in Education. She holds a Master's Degree in Education from the University of Minnesota. After moving to Bayport in 1989, she taught in District 834 for several years. Currently, Sara designs and gives tours as a volunteer guide at the Minneapolis Institute of Art.

Sara is a strong library supporter, and is proud to have served on the Bayport Library Board from 2014-2022. One of her recent leadership roles while serving on that board was fundraising chair of the library's 2021-2022 capital campaign. Sara is also a volunteer at Valley Outreach and is active at Trinity Lutheran Church.

Sara and her husband, Peter Clements, live in Bayport, and they have two adult children.

Thank you, Sara, for the great energy you bring to Community Thread!



COMMUNITY RESOURCES



FARE FOR ALL: STRETCH YOUR FOOD DOLLARS

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

Upcoming Fare For All Dates for 2023

March 14, April 18, May 16, June 13, July 18, August 1, September 19

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 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 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 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: FREE.

This service is open to all. Call 651-789-6221 or visit 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.

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

Wednesday, March 8 at 9 am | 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 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 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

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 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 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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