

e-Volunteer Newsletter

Community Thread

FEBRUARY 2010



Volunteering is Love

Special points of interest:

- Get Connected—Get Threaded Attend Community Thread's Annual Meeting on March 10th
- Recognition Time for Washington County Volunteers! Don't miss out!
- Teens get a helping hand- See the Story!

e-Volunteer

Newsletter

is a monthly newsletter for individuals interested in volunteering,

supporting their community — and making a positive impact on those around them.

Volunteers live longer, are happier and experience more love!

Here are a few ways you can help:

Resume Writers & Job Coaches – White Bear Lake

East Metro Women's Council provides services that support families' long-term goals of economic stability and self-reliance. If you have experience in resume writing or job coaching or are willing to be trained, EMWC could use you as a volunteer. Times are weekdays 9:00 am – noon. For more information contact Cheryl Schindler at 651-773-8401 ext. 116 or e-mail her at caschindler@emwc.org.

Bus Monitor – Blaine

Help children to have a safe and happy ride home from school by assisting the bus driver and children. For more information contact Kishwar Bayunus at 763-783-4359 or e-mail her at

Kishwar.Bayunus@accap.org.

Senior Exercise Instructor – Washington County

Do you have a good energy level, enjoy working with seniors, are a self-starter and at least 18 years old? Human Services, Inc. is seeking a volunteer to lead/assist/inspire a group of seniors to do standing and sitting exercises. A certification in exercise is preferred, but is not required. Dates, times and commitment length would be determined by volunteer availability. HSI offers volunteer orientation, training, support and recognition. This opportunity could possibly fulfill a service learning or internship requirement. For more information contact Sara Umbreit at 651-275-4306 or e-mail her at sumbreit@hsicare.org.

Stocker/Sorter – St. Paul Park

Everyone loves to see the new stuff in stores and that includes the Stone Soup Thrift Shop. A volunteer is needed to help sort the new donations and stock the shelves. Times and days are flexible. For more information contact Becky at 651.458.9786 or e-mail her at stonessoupthrift@yahoo.com.

Furniture Movers – White Bear Lake

East Metro Women's Council could really use some volunteers to pick up furniture donations from donors in the community and deliver them to their office in White Bear Lake or Ramsey/Washington Counties. This opportunity would be on a periodic basis as the need arises and would be flexible for the volunteers. For more information contact Cheryl Schindler at 651-773-8401 ext. 116 or e-mail her at caschindler@emwc.org.

Activity Leader – Stillwater

Come and get to know the residents of Linden Health Care Center by assisting the staff with preparing and coordinating activities. For more information contact Cheryl Conlow at 651-439-5004 or e-mail her at cherylconlow@goldenliving.com

Washington County Volunteer Program – Stillwater

Are you interested in learning first hand the many nuances of the justice system? The Washington County Vol. Program is looking for volunteers who will greet, direct, and provide assistance to visitors of the Washington County Courthouse. For more information contact Lisa Spreeman, Hearing Officer, at 651-430-6286 or e-mail her at lisa.spreeman@courts.state.mn.us.

Announcements

2010 Annual Meeting-

Community Thread is holding its annual meeting on:

Wednesday, March 10, 2010, 11:30—1:00 p.m., at 2300 Orleans Street West, Stillwater.

This is a good time to learn more about the programs, services and support of Community Thread. A light lunch will be provided. RSVP at 651.439.7424.

Know a volunteer in Washington County who is over the top?

Nominations are now being accepted for the Annual Community Involvement Awards.

(CIA) program honoring exemplary volunteers in Washington County.

CIA recognizes volunteers through four award categories: *Lifetime Volunteer Award, Outstanding Volunteer Award, Youth Volunteer Award, and Outstanding Group Award.*

Nominations are due Friday, March 5, 2010.

Download forms at:
www.communitythreadmn.org



community thread

Connecting People. Enriching Lives

Lisa Thalacker, Volunteer Center Program Director
Robin Halloum, Volunteer Center Program Coordinator

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E-MAIL:
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Many More Online Volunteer Opportunities Available!

Simply go to:

Communitythreadmn.org



Click on 1-800 Volunteer.org and you will be guided through the login procedure. *Thank you!*

From what we get, we make a living; what we give, however, makes a life - Arthur Ashe

Family Resource Center of the St. Croix Valley-Baldwin, WI.

Looking for volunteers to help with the annual fundraiser Reach for the Stars. Help is needed with mailings for the fundraiser and help setting up for the silent auction. Event is Sunday, April 25th. Contact Mary Handrahan, 715.684.4440 or e-mail her at info@frcscv.org.

Intergenerational Volunteer – Stillwater Are you a senior who enjoys interacting with children? Come play cribbage, do art projects, tell stories or various other events throughout the year with elementary students in the Stillwater School District. Your talent can be fitted to the appropriate event. Times and days are flexible. For more information contact Karla Bataglia at 651-439-7434 or e-mail karla@communitythreadmn.org.

Chapel Assistant – Woodbury Faith is woven into the fabric of life. Help the residents of Woodbury Health Care Center to find the pages in their hymnals during chapel services. Volunteers must have the strength to push residents in chairs and on ramps. Times are 8:45 – 10:15 AM on Wednesdays, Thursdays, Saturdays or Sundays. Training is provided. For more information contact Mary Bjerke at 651-287-6545 or e-mail at mbjerke@woodburyseniorliving.com.

Lakeview Hospital-Stillwater Lots of volunteer opportunities are available! Help is needed in the Gift Shop, Information Desk, helping patients waiting for surgery, playing music. Give Kim Klisch a call at 651.430.8522 or e-mail her at kklish@lakeview.org. to learn more about these volunteer opportunities.

Restorative Justice Community Member Restorative Justice views crime and conflict as harm to relationships and seeks to engage those most impacted in repairing them. Looking for volunteers to attend Restorative Justice Sessions. Most classes are 2 hours. Contact Kris Miner at 715.425.1100 or e-mail her at scvrjp@gmail.com. <http://www.scvrjp.org>

Volunteering—The Story

Family Resource Center of the St. Croix Valley—Lauren Koshere, Development and Marketing Coordinator

The Family Resource Center of St. Croix Valley (FRC) offers free services to families with children from birth to age six in Pierce, St. Croix, and Polk Counties. Their programs include home visits, screenings, play and learn groups, “Baby & Me” classes, parent education, resource networks, and a teen parent program. Funded without direct state or federal assistance, they work closely with local community partners to fulfill their mission which is to strengthen children, families, and communities by offering education, resources, and support.

FRC opened its doors in 1998 and it was at that time 17 year old Tiffany found out that she was pregnant and her dad told her, “You need to get out of my house.” In the next nine months, Tiffany moved out of her family’s home, married her boyfriend, and gave birth to a son, Gage. When Gage was one month old in July of 1999, Tiffany received a home visit from a Public Health Nurse, Sharon. Sharon invited Tiffany to participate in a teen parent group made available through the young nonprofit organiza-

tion FRC. Before Tiffany and her husband attended the teen parent group, Tiffany remembers, “We were at odds on how to discipline. He thought hitting was okay, but I convinced him to come to teen group, and the teacher gave him some reasons not to hit. We’ve both grown and become more competent in our parenting skills.”

After growing up with a father who was physically and emotionally abusive, Tiffany set a goal to avoid parenting as she had been parented. “It didn’t come naturally to me because that’s not what my parents did.” FRC gave her the resources and helped her develop good parenting skills.

In 2002, Tiffany became the Family Resource Center’s teen parent mentor—a role she has had ever since. Tiffany enjoys working at Teen Parent Program group meetings alongside Family Resource Center teen parent program facilitator Betsy Byker. Tiffany says that teen parents can relate to her, and she can relate to them. “I’ve been where they’ve been.” This past fall Tiffany started taking college classes. It is her goal to eventually work as a counselor— or even maybe a parent educator. After ten years of involvement, Tiffany needs only one rea-

son for remaining a part of the Family Resource Center: “It changed my life, and I’d like to do that for somebody else.” **Here’s how you can help:**

Donated items from you help FRC help families! Whether in the office or teaching teen parent classes, FRC staff are always in need of the following items: Paper Towels, Gas Gift Cards, Diapers, all sizes, Baby Wipes, Dixie Cups, Board Books (new) and Toilet Paper.

Volunteer Opportunities:

The Family Resource Center is in need of volunteers for cutting, making copies, cleaning, organizing donated items/books/clothing, and more.

Please call Mary, volunteer coordinator, at 715.684.4440 to learn more ways that you can help.



Mia and daughter Karly and Tiffany