

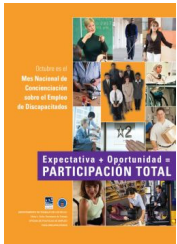
# e-Volunteer Newsletter Community Thread

OCTOBER, 2009

## Expectation + Opportunity = Full Participation

### Special points of interest:

October is National Disability Awareness month—



- The Story-Merrick, Inc. is a change agent for Adults with Disabilities.
- Help a neighbor-Rake a Difference Day is Saturday, October 24th, 2009.

### QUESTION: What is National Disability Employment Awareness Month?

Congress designated each October as National Disability Employment Awareness Month (NDEAM).

This effort to educate the American public about issues related to disability and employment actually began in 1945, when Congress enacted a law declaring the first week in October each year "National Employ the Physically Handicapped Week." In 1962, the word "physically" was removed to acknowledge the employment needs and contributions of individuals with all types of disabilities.

This year's theme for National Disability Employment Month captures the vital role that **expectations** play in our successes as individuals and as a society. Expectation alone, however, is not enough. They must be paired with **opportunity**. People with

disabilities need access to a full range of employment choices to maximize their talents.

With both the expectation and opportunity, people with disabilities will become **full participants** in our economy.

Office of Disability Employment Policy U.S. Department of Labor, [www.dol.gov/odep//pubs/ndeam2009poster.htm](http://www.dol.gov/odep//pubs/ndeam2009poster.htm).

"People with disabilities must be woven into our work culture. Already, we benefit from the incredible array of talent they bring to our workplaces. But we must raise the bar, we must create the inexorable expectation that people with disabilities will contribute in every way to our economic successes. Only by nurturing this expectation and providing people with disabilities with unlimited employment opportunities, can we all benefit from their

talents"

-Kathy Martinez

Here are a few nonprofits in our area that support those with disabilities:

**Courage St. Croix Stillwater**, contact Lisa Gacek at 651.351.2337, or e-mail her at [lisa.gacek@couragecenter.org](mailto:lisa.gacek@couragecenter.org), [www.Couragecenter.org](http://www.Couragecenter.org)

**FamilyMeans-Stillwater**, contact Margaret Iwrin at 651.789.4012, or e-mail her at [mirwin@familymeans.org](mailto:mirwin@familymeans.org), [www.familymeans.org](http://www.familymeans.org)

**HSI-Human Services Incorporated**, contact Sara Umbreit at 651.275.4306, or e-mail her at [sumbreit@hsicare.org](mailto:sumbreit@hsicare.org), [www.hsicare.org](http://www.hsicare.org)

**River Valley Riders**-contact Sandi Prentice, at 651.439.2558, or e-mail her at [rivr\\_vol@yahoo.com](mailto:rivr_vol@yahoo.com), [www.rivervalleyriders.org](http://www.rivervalleyriders.org)

e-Volunteer  
Newsletter

is a monthly  
newsletter for  
individuals  
interested in  
volunteering,  
supporting their  
community —  
and  
making a positive  
impact on those

## Announcements

**Too often the people who need the support don't get it in time.** Can you help us get the word out about Rake a Difference Day?

Rake a Difference Day is a volunteer project benefiting seniors and persons with disabilities in the Afton/Lakeland area, Bayport, Hugo, Lake Elmo, Mahomed, Marine, Oakdale, Oak Park Heights, Stillwater and Woodbury.

On October 24<sup>th</sup> volunteers will be raking the yards of seniors and adults with disabilities.

If you would like to participate in this service initiative by raking or by having your yard raked, call us for more information at 651.439.7434. The registra-

tion and information forms are also available on our website at [www.communitythreadmn.org](http://www.communitythreadmn.org).

**The application deadline for raking assistance or volunteering to rake is Friday, October 9th.**



### Community Thread Holiday Wreath Sale—

**October 1—November 10th, 2009.**

Are you planning to buy a wreath, garland or door swag this holiday season? Order from us, and you'll support Community Thread at the same time!

Stop by the Stillwater Senior Center's Wreath Sale Table between October 1 and November 10 to place your order. *Thank you for supporting Community Thread this holiday season.*



## community thread

CONNECTING PEOPLE.  
ENRICHING LIVES

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

### Volunteer Center

2300 West Orleans Street  
Stillwater, MN 55082

Phone: 651.439.7434 Fax: 651.439.7616

E-mail: [lisa@communitythreadmn.org](mailto:lisa@communitythreadmn.org)  
[robin@communitythreadmn.org](mailto:robin@communitythreadmn.org)

### Many More Online Volunteer

#### Opportunities Available!

Simply go to:

[Communitythreadmn.org](http://Communitythreadmn.org)



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

## “Everybody Can Be Great Because Everyone Can Serve”

**Knitters/Crocheters – Stillwater** Newborns at Lakeview Hospital would enjoy receiving a nice warm cap that was either knitted or crocheted by volunteers. Lakeview provides the pattern and volunteers supply the yarn and deliver the finished caps to the hospital upon completion. For more information contact Lakeview Hospital Volunteer Services at 651.430.4528.

**Gallery Staff Person – Stillwater** Do you enjoy art? Come volunteer at the Lake Elmo Regional Arts Center. They are in need of volunteers to help answer visitor questions, do simple sales if needed and answer the phone. For more information contact Theresa Tweet at 651.256.1407 or e-mail her at [info@LakeElmoRegionalArtCenter.com](mailto:info@LakeElmoRegionalArtCenter.com).

**Family Means-Stillwater** A family in St. Paul Park is looking for a volunteer to spend time with their 1 year old boy who has developmental delays. The child enjoys sitting in his bouncy seat, being held and talked to. The family would welcome visits on Monday through Friday ,4:00 PM or later, for 2-4 hours a week. Contact Margaret Irwin at 651.789.4012 or e-mail her at [mirwin@familymeans.org](mailto:mirwin@familymeans.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](mailto:sumbreit@hsicare.org).

## Volunteering—The Story

Recently I met with JoAnn Lizakowski, volunteer coordinator at Merrick, Inc. and was very impressed with what I saw and learned. Merrick, Inc. is a dynamic nonprofit that provides day training and habilitation programs in Vadnais Heights serving adults with developmental disabilities.

According to JoAnn, most of the adults have a primary diagnosis of mental retardation. In addition, many clients have secondary diagnoses that include autism, cerebral palsy, epilepsy, mental illness, seizure disorders, and other related conditions.

Merrick got its start 45 years ago in the Merrick Community Center on the East Side of St. Paul by serving 15 young adults who lived at home and needed services beyond what the public schools were capable of providing. Today Merrick’s primary goal is to provide meaningful work partnerships within the business com-

munity. Merrick clients work and volunteer for over 70 businesses throughout the entire Twin Cities, with rides provided by its transportation division.

Services provided include **vocational options** such as facility-based contracts and work-crew contracts, and **vocational support**, including job assessment, resume writing, support with applications and interviews. **Habilitation programs** include Occupational Therapy, Speech Therapy, and Augmentative Devise Library, Recreation and Leisure Activities. In addition, **Vocational Support Groups and Self-Advocacy Groups** and **Transportation Services** provide safe, clean, dependable transportation to and from home and work.

Merrick is also a very eco-friendly organization. Through a partnership with Minnesota Waste Wise, one of Merrick’s employment

opportunities for clients is a plastic recycling program that has kept over 4.5 million pounds of plastic out of landfills. Additionally, Merrick has a geothermal heating system and has recently installed the largest solar array in Minnesota.

It is also a great place to volunteer with interesting opportunities such as volunteering with the Horticultural Therapy program—a hands-on program that engages the five sense through the use of plants. Contact JoAnn at 651.789.6207, or e-mail her at [joannl@merrickinc.org](mailto:joannl@merrickinc.org) to learn about all the ways you can support Merrick, Inc.

*Robin Halloum*

