
e-Volunteer Newsletter

Community Thread

JULY, 2009

2009 Summer Service Event

Special points of Interest:

- Bartering and trading services—learn about Time Banks in the Twin Cities. Saturday, July 11th.
- Great finds and a lot of fun—save the date, August 20th, huge jewelry sale!
- The Story— HSI, Overcoming Challenges—helping people change lives.

e-Volunteer Newsletter is a monthly newsletter for individuals interested in volunteering, supporting their community — and making a positive impact on those around them.

On Saturday, June 20th, 2009, over 100 volunteers gathered for the 1st Annual Community Thread Summer Event— the first event of its kind in Washington County.

Volunteers met at Lucy Winton Bell Athletic Fields in Lakeland, MN, where they checked-in, received their site assignments, registered for drawing prizes, picked up a goody bag, enjoyed a light breakfast and mingled with other volunteers. The group was then encouraged by words of inspiration from Channel 5 News Anchors Leah McLean and Bill Lunn, along with words of gratitude from Valerie Jones, Executive Director at Community Thread.

Next, volunteers traveled to nonprofits across the St. Croix Valley and got to work. Some volunteers went to ArtReach Alliance, Hope House, Linden

Health Care Center or Community Thread in Stillwater, others went to Hudson Middle School in Hudson, others worked at HSI in Oakdale, and still others helped out at East Metro Women's Council in White Bear Lake.

Volunteers did everything from planting trees to playing BINGO with kids, all while enjoying the opportunity to learn and make a difference in their community. By the end of the day, the volunteers had contributed 545 hours of service to the St. Croix Valley, with an estimated value of \$10,633 (according to the Independent Sector, which estimates the value of a volunteer hour at \$19.51). The nonprofit sites were extremely pleased with the work accomplished in just one day.

The day was a mission-based fundraiser for Community Thread, with sponsorships from Fairmount Minerals, Andersen Windows, Cates Fine Homes, Comcast Cable, Eckberg Lammers Law Firm, St. Croix Orthopaedics and Central Bank. In all, Community Thread earned over \$5,000 to benefit year-round programming that connects people and enriches lives.

Thank you to everyone involved in making this first-time event a huge success!

- Lisa Thalacker, Volunteer Center Program Director



—Announcements

Time Bank Resource Fair - Saturday, July 11, 10:00 — 2:00, at Community Thread. Come and learn about the time bank programs in the Twin Cities area and the variety of services they offer their members. The event is free and open to the public. For more

information, contact Cathy Dyball, 651.439.7434.

Stillwater Senior Center “Baubles, Bangles and Bobbers- Used Jewelry Sale”

Thursday, August 20th at Community Thread.

Donations of baubles, bangles, bracelets and other assorted jewelry and finery accepted through July 31st. Questions? Contact Karla Bataglia, 651.439.7434.



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
robin@communitythreadmn.org

Many More Online Volunteer Opportunities Available!

Simply go to:

Communitythreadmn.org



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

It is one of the most beautiful compensations of life, that no man can sincerely try to help another without helping himself. -Ralph Waldo Emerson

HSI's Clubhouse and Recovery Room in Oakdale is open to Washington County residents with mental and/or chemical health issues. Volunteers are needed to do a wide variety of activities including fun projects, education, exercise and social interaction. We are open to your interests, ideas and talents. Examples include: teach a second language, dancing, serve food and beverages. Contact Sara Umbreit, Volunteer Coordinator, at sumbreit@hscare.org or 651.275.4306— www.hscare.org.

HSI Adult Day Program, Circle of Friends is designed for older adults and people with physical or mental impairments. This opportunity is located in Oak Park Heights. Lead an exercise class, craft class, game, music or singing group, share a pet's talents. A good program for adults, students during the summer or on school breaks and groups. A four hour time commitment between the hours of 8:30 - 4:00 Monday through Friday is required. Contact Sara Umbreit, 651.275.4306, 1-800 Volunteer.org.

HSI—one on one companion for a senior in Oakdale, who would like to be visited every other week for two hours per visit in her home. This volunteer needs to be 18 or older, like to meet people, help others, visit with seniors and enjoy one on one interactions. The dates and times are flexible. Contact Sara Umbreit, 651.275.4306.

Hudson Hospital. Seeking volunteers to play soft music in the main lobby. Flexible time, one hour a week. Contact Rosa Magnus, 715.531.6070 for more information or check the 1-800 Volunteer.org volunteer database.

Family Means. A Forest Lake family would like a young adult volunteer to spend time with a toddler boy with developmental delays. The volunteer should be willing to engage with an active toddler, and be willing to use gestures along with words. Some Spanish is a plus but not required. The family would like the volunteer to visit on either Saturday or Sunday afternoons for 3 hours. Contact Margaret Irwin, 651.789.4012, mirwin@familymeans.org—www.familymeans.org, 1-800 Volunteer.org.

Volunteering—The Story

HSI—Human Services Inc.

For 40 years, HSI has been a critically important provider of services for the most vulnerable residents of Washington County.

Our mission is to be a center of excellence for mental health, chemical health, and elder health services that bring hope, healing, and recovery to people's lives.

HSI's programs offers services in homes, in schools, or through our multiple office locations throughout Washington County including Cottage Grove, Forest Lake, Oak Park Heights, Oakdale and Stillwater. HSI annually serves over 8,500 children, adolescents, adults, families and

seniors who are challenged with problems associated with aging, mental or chemical health, and physical or sexual abuse.

HSI meets these needs through a wide variety of programming. Resources for Eldercare offers services to help seniors and people with special needs maintain their independence. We provide adult day care services, transportation, support groups for caregivers, and Meals on Wheels in an effort to help people stay in their homes and active in their communities.

Mental Health Services offer both traditional outpatient services and emergency/crisis services for individuals, children, and families. In addition, HSI provides day treat-

ment, medication management, life skills training, and housing and employment services.

For children, HSI provides therapeutic educational opportunities for preschoolers, children, and adolescents struggling with mental health and behavioral issues.

HSI's Abuse Services focus on both prevention and crisis services for victims and offenders.

Programs include: educational sessions in local schools on violence prevention, services for survivors of sexual violence, and offender services. For those struggling with dependency issues, HSI

offers assessment and case management services for those seeking recovery from their addictions. Chemical Health Services works with both adults and adolescents, as well as offering services to those who are incarcerated.

We provide community-based programs to address each client's unique needs. We believe that the future of our communities lie in their strength. and in the spirit of the people. **Sara Umbreit, Volunteer Coord, 651.275.4306.**

Overcoming
Challenges...



Helping people
...changing lives