



4th Friday

Food & Friendship

Free Community Meal

Every Fourth Friday
(Except in December)

June 27th from 5:30 PM to 7:00 PM

St. Mary's Great Hall
423 S. 5th Street, Stillwater

Hosted By: St. Michael's and
St. Mary's Catholic Churches

Menu: Chicken Breast, Roast
Beef, Mashed Potatoes or rice,
Carrots, Soup, Salad, and
Watermelon for Dessert

Everyone is Welcome!



JOIN THE EVIDENCE-BASED MENTAL WELLNESS CLASS

Experience Free Mindfulness Sessions!

FREE WEEKLY 60-MINUTE SESSIONS FOR 6 WEEKS. TAUGHT BY: ROXANA SEGURA A CERTIFIED COMMUNITY HEALTH WORKER

- These courses introduce methods for talking to your teens about the dangers of substance abuse, reducing stress, fostering inner confidence, and improving social and emotional skills.



Session Details:
Starting June 27th,
6:00pm

Landfall Mobile Park
Questions? Call Roxana at
612-513-3579

ÚNETE A LA CLASE DE BIENESTAR MENTAL BASADA EN EVIDENCIA

SESIONES SEMANALES GRATUITAS DE 60 MINUTOS DURANTE 6 SEMANAS. IMPARTIDAS POR: ROXANA SEGURA

ESTOS CURSOS INTRODUCEN MÉTODOS PARA HABLAR CON SUS HIJOS ADOLESCENTES SOBRE LOS PELIGROS DEL ABUSO DE SUSTANCIAS, REDUCIR EL ESTRÉS, FOMENTAR LA CONFIANZA INTERIOR Y MEJORAR LAS HABILIDADES SOCIOEMOCIONALES.

Dirección: Landfall Mobile Park

A partir del 27 de Junio, 6:00pm

Preguntas? Llamar a Roxana 612-513-3579



WellShare

Community Health Works!

VOLUNTEERS



**COMMUNITY
FARM**

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THE HELP WE NEED:

- Physical labor
- Food donations
- Financial donations

JOIN US

June 28, 2025

Cimarron Community Farm

10 AM - 2 PM

**SCAN THIS QR CODE TO
SIGN UP & LEARN MORE!**



VOLUNTARIOS SE NECESITAN



SE NECESITAN

LA AYUDA QUE NECESITAMOS:

- Trabajo físico
- Donaciones de alimentos
- Donaciones económicas

ESCANEE ESTE CÓDIGO
QR PARA OBTENER MÁS
INFORMACIÓN

ACOMPAÑANOS

28 de junio

Cimarron Community Farm

10 AM - 2 PM



Date Time Topic A LEADING VOICE FOR CAREGIVERS

All sessions are available on your choice of Zoom or telephone only!

Wednesday July 2nd	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Ask Dr. Tam Questions with Tam Cummings, PhD <i>What kind of questions do you have about dementia? As a caregiver, how do you survive the journey? Dr. Tam Cummings will cover quick stress relief tips and answer any questions you have about dementia. **Sponsored by VITAS Healthcare**</i>
Tuesday July 8th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Depresión en la Tercera Edad presentado por el Dr. Nestor H. Praderio <i>La depresión NO es una parte normal del envejecimiento y, según la Alianza Nacional de Enfermedades Mentales, el pronóstico del tratamiento para la depresión es favorable. El Dr. Nestor H. Praderio describirá los factores de riesgo, los síntomas y los desencadenantes. También explicará el proceso de diagnóstico y las opciones de tratamiento.</i>
Thursday July 10th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Dear Lucy: Acceptance is key to a positive caregiving journey with Lucy Barylak, MSW <i>Join Lucy Barylak, MSW, as she presents research highlighting the positive aspects of caregiving, including its benefits for health and overall well-being, as well as the importance of embracing acceptance in the caregiving journey.</i>
Monday July 14th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Polypharmacy and Common Drug Interactions in Older Adults with Becky Mahnan, PharmD, BCGP, BCACP, FASCP <i>The use of multiple medications increases as an individual has more health conditions and as one ages. This has been coined polypharmacy. As an individual takes more medications, they are at a greater risk of side effects and drug interactions. This talk will delve into what can lead to inappropriate polypharmacy, common drug interactions, and how you can be empowered as a patient or caregiver to identify these potential problems before they happen. **Sponsored by North Central Texas Caregiver Teleconnection**</i>
Tuesday July 22nd	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	How Caregivers Can Stop Arguing About Money with Barry J. Jacobs, PsyD <i>Managing money during caregiving isn't just a financial challenge; it's a powerfully emotional one. Oftentimes, family members disagree vehemently about how a care receiver's money should be spent during the caregiving years and afterwards. In this highly interactive webinar, Barry J. Jacobs, Psy.D., clinical psychologist and co-author of the recently published book, <i>The AARP Caregiver Answer Book</i>, will discuss ways that caregiving family members can avoid arguing about how money is spent and who deserves more of it.</i>
Wednesday July 30th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	The Heart of Care Partnering: 10 Values to Ground and Guide Us with Jennifer Carson, PhD <i>Care partnering is more than a set of tasks; it is a relationship. In this heartfelt and practical session, Dr. Jennifer Carson shares her top-10 care partner values, offering guidance on self-care, communication, and shared decision-making. Drawing from her personal experience, professional practice, and research in dementia support, she invites care partners to reflect on how to honor each person's rights, strengths, and inherent worth. Care partnering can be a path to growth, meaningful connection, and a fuller expression of our shared humanity.</i>



SUMMER PIT STOP

**FREE COMMUNITY
RESOURCES
FOR THOSE IN NEED**

**Thursday, July 17
9 a.m. - 1 p.m.**

**First Presbyterian Church
6201 Osgood Ave N
Stillwater, MN 55082**

Warm meals & haircuts
Food & gas cards
Personal care items
Baby items & diapers

Resources for Housing, Food, Health & More!



CAIJ NTUJ SOV CHAW NRES SO

**TEJ CHAWS HAUV ZEJ ZOS UAS SIV TAU DAWB
RAU COV NEEG UAS XAV SO**

**Hnub Thursday, Hnub Tim 17 Lub Xya Hli
9 a.m. - 1 p.m.**

**First Presbyterian Church 6201
Osgood Ave N Stillwater, MN 55082**

Muaj cov puas mov noj uas sov so thiab muaj
txiav plaub hau

Muaj cov npav yuav khoom noj thiab roj tsheb
Muaj tej khoom siv tu tus kheej

Muaj tej khoom siv rau me nyuam mos thiab
cov pawm qhwv me nyuam mos

Muaj Tej Chaw ntsig txog Vajtsev Nyob, Khoom Noj, Kev
Saib Xyuas Kev Noj Qab Haus Huv thiab Ntau Yam Ntxiv!



XAGAAGA JOOJI PIT

**KHAYRAAD BULSHO OO BILAASH AH
LOOGU TALO GELEY DADKA
BAAHAN**

Khamiista, Julaay 17

9 subaxnimo - 1 duhurnimo

**First Presbyterian Church 6201
Osgood Ave N Stillwater, MN
55082**

Cunto diiran & tamo jar kaadhadhka
Cuntada & gaasta
Shayada daryeelka shakhsi ahaaneed
Alaabaadka & xafaayadaha ilmaha
Khayraadka Guryaynta, Cuntada,
Caafimaadka & Waxkale Oo Badan!



PARADA DEL VERANO

RECURSOS COMUNITARIOS
GRATUITOS PARA LOS
NECESITADOS

Jueves, 17 de Julio
9 a.m. - 1 p.m.

Primera Iglesia
Presbiteriana
6201 Osgood Ave N
Stillwater, MN 55082

Comidas calientes
Tarjetas de comida y gasolina
Artículos de cuidado personal y ropa
Artículos para bebés y útiles escolares
Servicios del condado de Washington