

HomePage

HOME BONDS US TOGETHER

INSIDE

- 2 CEO Corner
- 2 Resident Leadership
- 3 Property Spotlight
- 3 Room & Board Partnership

A PUBLICATION OF COMMONBOND COMMUNITIES

The Heart of Community

Supporting residents to achieve long-term stability and independence is key to our mission to build stable homes, strong futures, and vibrant communities. Community is at the heart of who we are, and we have several important programs that highlight how CommonBond builds these values into our housing communities. Residents can participate in these programs from the comfort of their own home. This provides a comfortable and flexible experience for residents to learn new skills and build community with one another.

Arts & Aging programs provide high-quality arts classes led by local teaching artists to residents who

live in CommonBond's senior housing communities. Health & Wellness programs offer ongoing, evidence-based exercise and wellness classes and workshops taught by certified trained leaders.

“

Home is...where I'm happy and can flourish.

-NANCY C.

”

The goal of these programs is to provide opportunities for residents to stay physically, mentally, and socially engaged, forming community and connection among those in the classes.

One example of a strong community comes from a recent Arts & Aging zoom class called Collage! From



Nancy C., Seward Tower East

Scraps to Works of ART led by teaching artist Lynda Monick-Isenberg. Lynda says, "The collage artform allowed participants to make statements and hear one another in a way that was really stunning." Participants got to know one another better as artists and people. "We got to meet people from other buildings and see some of their work, which we normally wouldn't do," says Nancy E., resident at Boulevard Gardens in Minnetonka.

Dianne, resident at Bassett Creek Commons in Plymouth, says the class also strengthened her personal relationships. "I will send my family or friends a picture of what I did, and so it extends the community too, so I can talk to my family about the piece I did and how I feel about it."

continued on page 3



PROGRAM SPOTLIGHT
ARTS & AGING

Class: Collage! From
Scraps to Works of ART

Collage by Dianne,
Bassett Creek Commons

HEADLINE



It is my pleasure to share our newsletter “HomePage” with you. In it, we will showcase examples of residents, staff,

and partners who help build stable homes, strong futures, and vibrant communities.

We all have a role in creating the types of communities we want to call home. We all benefit when communities foster true connection and a sense of belonging. We all prosper when they offer opportunity and support so that each of us has a better chance to achieve our goals.

CommonBond’s Community Building & Engagement programs encourage and support residents to take active leadership roles in shaping their communities. Through our Health & Wellness and Arts & Aging programs, residents can access high-quality classes on-site and at no cost. These classes not only provide valuable skills and physical and mental health benefits, but they also offer the opportunity for residents to connect in a safe, fun, and judgment-free setting. Through community partnerships like those with Room & Board, we are able to harness the power of volunteers and build deeper relationships with residents and neighbors of CommonBond housing communities.

At CommonBond, we know that takes a group effort to build and sustain a healthy community. Our residents, staff, volunteers, and donors all play an important role. Thanks for being part of—and building along with us—this foundation of home.

DEIDRE SCHMIDT,
PRESIDENT AND CEO

RESIDENT LEADERSHIP

A Helping Hand

Alberta moved into Garden Terrace Commons in Little Canada in 2016 and has since garnered a reputation as the “go-to lady” for everything. All her life, Alberta has liked to keep busy, and her time at Garden Terrace has been no exception. “I’ve never been one to sit around doing nothing,” she says, and this is illustrated through the long list of activities on her plate. Alberta is on the CommonBond Board for



Alberta, Garden Terrace Commons

Garden Terrace, is the Treasurer of the Resident Council, and volunteers in a myriad of ways. She checks people in and out when the food truck comes to site, delivers newsletters to residents’ doors, calls bingo twice a week, decorates the building, helps with site events, and much more!

She has also been a part of starting up weekly game nights and supported larger scale events on site like Minnesota’s annual Night to Unite—a statewide celebration that strengthens neighborhood and community partnerships.

Cooking is another way that Alberta cares for residents in the building. She explains, “My mother made sure all of us knew how to cook, and I like to cook. Cooking for one has never been my thing, so I make spaghetti or goulash, and I share with other people in the building that I know don’t cook.” Alberta says her mom is a huge inspiration and motivation for her can-do and caring attitude. “My mom always took care of people, and we grew up with that. You do what you can for other people, and that’s the way I was brought up, and that’s the way I get happiness—by helping other people.”

Volunteering and holding leadership roles in the community also provides connection for Alberta and others. “You get to meet people, see people, and find out how they’re doing. I enjoy it. I’ve gotten to know a lot of the people here.” It’s all about the people for Alberta. “You get to be friends with them,” she says—both residents and staff. Alberta also praises Sara, the Advantage Services Coordinator at Garden Terrace. “Sara is great. I enjoy working with her.” Alberta always steps up to support Sara with activities going on in the building.

At CommonBond, we aim to provide stable homes in flourishing communities. We provide the foundation of home, and residents then step up as leaders in their community to make it what it is: a vibrant, enjoyable place to live. It’s folks like Alberta who offer a helping hand to those around them that bring this vibrancy to life. □

COVER STORY continued

Classes through CommonBond's Arts & Aging program provide opportunity for building skills, enhancing confidence, and making connections.

Another source of community comes from our Health & Wellness classes. Gail, CommonBond Health & Wellness Manager, fosters an engaged community within her classes and helps participants feel safe, welcomed, and successful in their health and wellness journey.

Nancy C. has lived at CommonBond's Seward Tower East in Minneapolis for over 30 years and benefits from participating in Health & Wellness classes on topics such as fall prevention, chronic pain, and diabetes. Through all of these class experiences, Nancy C. has seen great improvement in her health. She says, "I've lost weight. I've gotten off one of my medications. I'm trying to eat healthy now." The exercise and workshop offerings also offer a sense of community to participants in the classes. Gail says, "Health & Wellness programs are more than just exercise, lectures, and workshops; our programs offer residents an opportunity to share experiences, encourage one another, and learn from each other." This programming offers the space for residents to improve their health and do it within a supportive community.

When asked what home means to her, Nancy C. says, "Home is having a safe environment where I'm happy and can flourish." Community and Engagement is all about residents taking an active part in their communities, learning and growing within themselves and flourishing together as vibrant connections form. □

PROPERTY SPOTLIGHT WILDER SQUARE



St. Paul, Minnesota
Acquired March 2019
\$10M Rehab began March 2021 and was completed March 2022

- 136 units, 90 project-based Section 8 units, Family/Senior, serving 160 residents
- Purchased amidst several competitive buyers who would have turned the property market-rate, CommonBond offered increased affordability and avoided resident displacement
- Rehab included safety upgrades, new community room, redesigned entrance, updated kitchens and bathrooms in units, new Advantage Services office, new elevators, and new furniture
- Added fully-accessible units
- Property Goal: Improve resident experience through additional on-site staff and services, strategic renovation, and long-term affordability

PARTNERSHIP SPOTLIGHT: Room & Board



Room & Board staff volunteers

Room & Board has been a friend and partner to CommonBond Communities since 2011. Not only has Room & Board supported CommonBond through in-kind and monetary donations

and involvement in our annual Celebration of Home Gala, but they have participated in several volunteer projects throughout the years at a variety of our sites.

Earlier this summer, Room & Board staff volunteered at several CommonBond communities. The Brand Experience Team planted flowers at Boulevard Gardens and Crown Ridge, and the Warehouse Team also planted at Pleasant Place. Residents and CommonBond staff appreciate their efforts to beautify the grounds for the summer. Room & Board has been doing planting and other community events at these properties for many years. This partnership has been a great opportunity for volunteers to make connections with residents. Residents

know Room & Board volunteers well and are always excited to see them!

Room & Board has also been heavily involved in volunteering at CommonBond communities Yorkdale Townhomes and Upper Post Veterans Community. They have hosted food drives, school supply drives, summer barbecues, movie nights, drop offs during COVID, and even supported site staff in revamping the youth program center at Yorkdale with updated furniture.

Taryn, Employer Brand Manager at Room & Board, says, "One of our pillars of giving is Equity and Justice. When it comes to equity, we talk a lot about access to a safe and stable home and education; these are great services that CommonBond provides. We are really happy to be a partner."

We appreciate Room & Board's generosity and partnership with us over the years! If you or your company are interested in supporting our work by volunteering, please reach out to our Volunteer Manager, Caitlin at volunteer@commonbond.org to find out how you can get involved. □

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STRONG FUTURES, AND
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CELEBRATION OF HOME GALA



FRIDAY, SEPTEMBER 30, 2022

Title Sponsor DOMINIUM

CommonBond's Gala – ***Celebration of Home***—celebrates the work of CommonBond Communities and our partners. This year marks the 24th annual gala and we are excited to return to an in-person event at Renaissance Minneapolis Hotel, The Depot!

Celebration of Home raises funds to support CommonBond's Advantage Services, which promote housing stability, education, employment, youth services, independence for seniors, and community building among residents. All proceeds benefit the youth, seniors, families, and individuals who call CommonBond home.

We invite you to consider sponsoring the 2022 Celebration of Home Gala. There are a variety of options available. Share this information with your friends and business associates and invite them to support an organization making a big impact in the lives of 13,000 residents.

For additional information regarding sponsorships, please contact Darly Vu at 651-288-9005 or Darly.Vu@commonbond.org

Visit Commonbond.org/gala to learn more and register for the event!

