



Vol. 18 No. 5

Sept-Oct 2019

Upcoming Events

Weekly Lunches

Noon

Mondays in St. Stephen at Trobec's Bar.

Tuesdays in Holdingford at City Hall

Monthly Lunch & Learns

11:30 am

Thursday September 12th in Holdingford and **Tuesday September 17th** in St. Stephen. Theme will be "**An Apple A Day**" at both luncheons. Speaker will be from St. Cloud Hospital speaking on stroke awareness.

Thursday October 10th in Holdingford is our **Health Fair** from 10 -12 followed by lunch and music. **Tuesday October 15th** in St. Stephen. We will be having a "**Harvest Festival**" theme at both of these luncheons. Flu shots will be available at both locations also.

Exercise

Wednesdays

Exercise and line dancing **Holdingford City Center** 9:15-10:45 am Leader Loretta Fischer.

St. Stephen Church Hall 1:00-2:30 pm
Leader Lorene DeFord.

Fridays

Holdingford Legion 9:30-10:30 am
Leader Shirley Willoughby



Feet First Clinic

Holdingford City Hall

1st Tues of the month
9:00 a.m. to noon
No appointment necessary.

St. Stephen Hall

1st Wednesday of the even months. 1:00 p.m. Questions please call Lenore Dawson 320-249-7240

Join us for an outing to Hidden Cove Orchard in Cold Spring.

On Thursday Sept 19th leaving Helping Hands Office at 12:30 pm.

You will have time to explore, choose your favorite apples, and shop in their apple barn for great gifts. We will keep our fingers crossed for a beautiful fall day. Please call our office by Sept 13th to sign up. We will have drivers available.

October Outing to PotSpot in Avon.

Join us on Thurs. October 17th. We will carpool from Helping Hands Office leaving at 12:45pm.

Pick from a wide variety of projects to paint. Cost of project is the individuals responsibility. Projects average between \$5-\$20.

Call Helping Hands to sign up by Oct. 9th.

After attending the MN Age Odyssey in August, the thing that I was most excited about was the wide array of assistive technology that are available to help older adults remain independent in their homes. The definition of an assistive technology device is: **... any item, piece of equipment, or product system, whether acquired commercially off the shelf, modified, or customized, that is used to increase, maintain, or improve functional capabilities of individuals** Assistive technology can be used at home to assist with a variety of tasks such as dressing, grooming, paying bills, medication assistance and housework.

Categories for classifying assistive technology devices:

Vision (e.g. magnifiers, talking devices, screen reader software), **Hearing** (e.g. personal amplification systems such as hearing aids, visual or tactile alerting systems, captioning, amplified telephones), **Speech Communication** (e.g. speech generating devices, communication boards/books, software with speech output, voice amplifiers), **Learning, cognition, and developmental** (e.g. memory aids, instructional materials, personal organization tools, sensory stimulation products), **Mobility, seating and positioning** (e.g. ambulatory aids, wheelchairs, scooters, contoured seating systems, head supports), **Daily living** (e.g. modified tools and utensils, writing guides, switch adapted appliances, zipper pulls, reacher), **Environmental adaptations** (e.g. alarm and security systems, lifts, ramps, door and gate openers, switches to control various appliances, lights, telephones, etc.), **Vehicle modification and transportation** (e.g. adaptive shoulder and seat safety belts, hand controls, tie downs and lock downs that secure a wheelchair to the vehicle floor), **Computers and related peripherals** (e.g. alternative keyboards and pointing devices, switches and scanning software for computer access,



Carol Lundquist
Executive Director

touchscreens, voice recognition software), **Recreation, sports, and leisure** (e.g. switch adapted games and toys, playing card shuffler, adapted sporting equipment, adapted musical equipment)

The Minnesota Department of Administration has the Assisted Technology STAR program that can meet with someone and explain the types of devices that are available. They also have a loan program, so that you can make sure the device fits your needs.

Contact information for the STAR program is:

1-888-234-1267 or
online at MN.GOV/STAR.

Helping Hands can also assist with researching Assisted Technology devices.



In this class Caregivers will learn how to:

- Reduce stress
- Communicate effectively
- Take care of yourself
- Reduce guilt, anger, and depression
- Help you relax
- Make tough decisions
- Set goals and problem-solve

Two classes being offered by Helping Hands this Fall.

First class held at Shepherd of the Pines Church in Rice.
Mondays 9:30— 12:00 for six weeks starting September 9th.

Second Class held at Whitney Senior Center in St Cloud.
Mondays 9:30—12:00 for six weeks starting October 21st.

Call the office to register or receive more information.



HELPING HANDS Annual Meeting

Helping Hands Outreach
Annual Meeting will be on
September 25, 2019 at 8:00 pm
at the Helping Hands
Community Center located at
531 Main Street, Holdingford.

The public is invited to attend
and celebrate the past year's
achievements. The Annual Re-
port will be presented and
elections held for board
members.

**Purchase one of our fun t-shirts,
they are black with turquoise
print.**

**Cost is \$12 each
sizes available
S-M-L-XL**



Volunteers Needed

- ◆ Person to reupholster the seat on four chairs in Helping Hands Office.
- ◆ Volunteer to pick up food boxes from Pond View in Albany the 2nd Monday of the month, at noon, and deliver in Holdingford, this takes about 1 hour.
- ◆ Volunteer to do light construction projects.
- ◆ Volunteer to look over wheelchairs/ walkers and repair.

NEEDED people or organizations to volunteer to help with our Helping Hands community meal that we hold the 2nd Thursday of each month at the Holdingford American Legion. For this meal to continue to benefit our community we need some extra hands in the kitchen to prepare the meal and help with clean up. This luncheon offers a nutritious meal, a learning session, and social time with either bingo or music. We have several months open in need of helpers. Please call 320-746-9960 for more info.

Helping Hands Highlights

We have had clients use our handi-capped accessible van to pickup a family member from an assisted living facility to make the trip back home.

Clients who used the van to take family members to medical appointments.

A client who had a family member needing to be transferred to a hospice home.

We are overjoyed to be able to loan our van for these needs of the community.

If you know of someone wheelchair bound, that can only go places with a handicapped accessible vehicle, PLEASE contact our office for details.



HOLDINGFORD AREA HISTORICAL SOCIETY

Accepting Donations and Area Historical Articles

Museum Hours by Appointment

Mike Odden 746-2991 * Herman Ebnet 746-2506 * Ernie Schmit 746-2603

Web info - HoldingfordAreaHistoricalSociety



Wonderful Hydrating Gardens

Gardens are flourishing and that means hydrating nutritious things to eat and take advantage of.

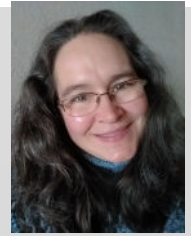
Vegetables and berries are not only a great source of vitamins, minerals and natural antioxidants; they also assist your body in using water to help you stay hydrated.

Some of the higher water content fruits and vegetables are: melons, cucumbers, lettuce, carrots and grapes.

If some of the raw vegetables are too hard to eat, try steaming them until soft. Steaming is the best way to keep the nutrients in them.

The fresh berries are always a treat by themselves, but can easily be put into smoothies or yogurt.

So while aiming to stay hydrated with the 6 – 8 glasses of fluids daily, don't forget to include these garden favorites to help. (continued on page 5)



Lorene DeFord
Health and Well-
ness Coordinator

Thanks to all the businesses and individuals that contributed to making our raffle a success!
See the list of winners below.

Greg Hubbard *Helping Hands Outreach \$1000 cash
Doug Marstein * American Legion \$200 cash
Millie May *Cornerstone Ag Service \$200 cash
Missy Ebnet *Holdingford Snow Flyers \$200 cash
Rick Teskie *Grand Casino Mille Lacs One Night stay/\$30.00
Jerry Meyres *Albany Family Dentistry \$100 cash
Tom Fedor *Lenore & Myles Dawson \$100 cash
Joanne Sypnieski *Pelican Lake Ballroom \$100 cash
Marlys Dobis *St. Rosa Lumber \$100 cash
Scott Paggen *Schmidt Insurance \$100 cash
Ron Simpler *Stearns Bank Holdingford \$100 cash
Linda Meyer *Thunder Valley Classic Cars \$100 cash
Evelyn Martini *We Haul For You \$100 cash
Leon Achman *Wentland Trucking \$100 cash
Jerry Meyres *Wm. D. Scepaniak, Inc. \$100 cash
Robert Kleve *KASM Radio MOA Crayola tickets
Darren Rooney *Wild Country 99 MOA ticket package
Idella Schneider *Rahn's Oil & Propane 50 Gallons propane
Ryan Kasella *Rocks to Roses Landscaping- Sweatshirt/hat
Greg Solarz *KASM Radio MOA Nickelodean wrist bands
Lenore Dawson *KASM Radio MOA nickelodeon wrist bands
Rita Solarz *Albany Enterprise One year subscription
Alisha Charboneau *Cornerstone Insurance \$50 cash
Gene Skaj *Cornerstone Salon Biolage shampoo set
Myles Dawson *Heart and Soul \$50 cash
Erick Leahy *Lake Country Vet \$50 gift certificate
Larry Carll *Miller-Carlin Funeral Home \$50 restaurant card
Tracy Hartung *My Salon Hair Design \$50 cash
Stephanie VanRheen *My Salon Hair Design \$50 cash

Sharon Wenning *Omann Insurance \$50 cash
Eric Fowler * Paggen's Auto Body \$50 cash
Judy Heitzman *Ripplinger Plumbing \$50 cash
MaryBeth Traut *Scegura Insurance \$50 cash
Jesse Skaj *State Farm Ins/Dina Pierskalla \$50 cash
Lenore Dawson *Trobec's Bus Service \$50 cash
Kathy Ohara *Trobec's Bus Service \$50 cash
Ron Strege *Spirit 92.9 4 Golf at MOA
Janice Paggen *Bialkas Store & Bar \$40 cash
Karen Schindler *KASM Radio 4 Golf tickets MOA
Sue Marstein *Holdingford Mill \$30 Gift Certificate
Alice Kobylinski *Holdingford Mill \$30 Gift Certificate
Lynn Kilian *American Heritage Nat. Bank \$25 cash
Nikki Horvath *Avon Coffin Works \$25 cash
Donna Vogt *Avon Coffin Works \$25 cash
Elizabeth Solarz *CMCU Holdingford \$25 cash
Judy Heitzman *Gerads Oil \$25 cash
Karen Skaj *Headley Hardware \$25 Gift Card
Gary Winters *Holdingford Gas \$25 Gift Card
Myles Dawson *Jim's Snowmobile \$25 Gift Card
Nick Krippner *K & S Pharmacy \$25 Gift Card
Tim Supan *Rudolph's Redneck Roost \$25 Gift Card
Nikki Horvath *Rudolph's Redneck Roost \$25 Gift Card
Mark Martini *Rusty Nail Bar & Grill \$25 Gift Card
Jan Krippner *Teal's \$25 Gift Card
Cody Olson *Trobec's Bar \$25 Gift Certificate
Leonard Heitzman *St. Joseph Meat Market \$20 G.C
Carol Hlebain *St. Joseph Meat Market \$20 Gift Card



(continued from page 4) Remember to put our **Holdingford Fall Health Fair** on your calendar, it will be Thursday October 10th

from 10 am – Noon. There will be many great vendors and a chance to get your flu shots, so remember to bring insurance information. Following the Health fair we'll have some great food and music!

We are in the process of gearing our Wednesday exercise classes to meeting twice a week, in both St. Stephen and Holdingford. The class is called **SAIL (Staying Active and Independent for Life)** and is designed to improve balance and mobility. We do many of the things our classes have already been doing, which includes some weight training, a little cardio and stretches and a great chance to socialize with friends. Please contact Lorene at 320-250-0585 or the HHO office and get more details.



Share your abundance with others if you have extra **produce from your garden** we would be happy to except them, and share with those who would enjoy them. You can drop off at Helping Hands Office in Holdingford.



2019 Outstanding Senior Citizens

We are honored to have recognized three Outstanding Senior Citizens at our August Lunch and Learns. They were presented with plaques for all their years of service.

Lenore Dawson from the Holdingford area, and LeRoy Supan and Betty Pogatshnik from St. Stephen.

These three seniors have a long time history of always lending a hand whenever needed in their communities. Volunteering is a way of life for the trio. Our communities have been blessed to have these three caring individuals so involved with the many ways they help others.



Stacie Supan
Program and
Service
Coordinator



Karen Skaj
St. Stephen
Service
Coordinator

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Pillow Cleaning

**Oct 2, 2019
at
Holdingford
City Hall
2-6 pm.
Questions
please call
Mary at
(320)
746-2637**

Thank You For Your Donation!

Helping Hands Outreach is a 501(c)(3) tax-exempt non-profit organization; your donations are fully deductible.

Monthly Supporters:

Joe & Sue Katzner
George & Cheryl Kuklok
Lloyd & Dorine Rausch
Ron & Irene Schmidt
John & Lisa Schmidt
Kathy Schueler

In-Kind Contributions

Albany Home Bakery
Ruby's Pantry
Salvation Army
Avon Food Shelf
Abby Barthel
Ervin Bueckers
Traut Companies
St. Stephen Youth Group
Alice Skwira
Joyce Ebnet
Elmdale Creamery
Jane Keppers
Dennis Klug
Patty Schiller

Equipment Lending

We have walkers, wheel-chairs, raised toilet seats, commodes, canes, shower chairs. Please call us if you, or someone you know could use any of these items.

Donations

Sue Shepard
Donald Helgeson
Charles Langerud
Alfred & Mary Lou Sobieck
Jeanette Woidyla
Lorrayne Traut
James & June Loscheider
Norbert & Virginia Fiedler
Andrew Blenker
Bowlus American Legion
St. Stephen American Legion
Stearns Electric
Martin & Deloris Pilarski

In Memory of

Larry Klimmek in memory of Reuben & Clara Klimmek

Thank you to all who donate, and to our volunteers who generously give of their time to help with meals, rides, respite, house keeping, chores, friendly visits, and misc. Thank you to all of our bakers that donated items for our bake sale. Everything you do to help; is greatly appreciated! Each one of you are very important to our community!



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BBB MEMBER

Do you have more month than money? Living on a fixed income and can't keep up? Come see us at the Holdingford Food Shelf. We will try to help you out. We are open the 2nd and 4th Saturdays of the month from 8:00-9:30 am. Any questions please call Mary at (320) 746-2637



Drop off your Teals Market receipts We continue to accept and benefit from your Teals Market receipts. We received more than \$600.00 so far this year. Please save them and drop them off at our office. Thank you to Teals Market for your donation and to Linda Harren for helping out with this program.

Senior Driving Classes

Will be held in Holdingford Sept 10th and 12th at the Adult Day Center from 5:30 to 9:30, or in St. Stephen Oct 8th and 10th. From 5:30 to 9:30 at the St. Stephen Parish Hall. Please Contact Helping Hands to sign up and pay for your class. Cost is \$18.00 pre register, or \$20 at the door.

Save 10% on your car insurance if you are 55 or older and take this class.



Helping Hands Outreach Board Members:

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Lenore Dawson
Vice President
Sue Marstein
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ELECTRONIC SERVICE REQUESTED

Helping Hands Outreach

"Our mission is to help create a healthy community where older adults and adults with disabilities want to live and be a vital part of the community."

Eligible for Medicare?

As a licensed agent, I can help you learn about Medicare plans including:

Medicare Part D
Medigap/Medicare supplement plans
Medicare Cost plans
Medicare Advantage plans

Call me today!



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JUST OUTSIDE THE BOX



OK, this is how it's going to be.
No more scaring, or I light the match!

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We appreciate the support that we receive from the following foundations and agencies

