



Vol. 19 No. 1

Jan-Feb 2020

Upcoming Events

Weekly Lunches

Meal at noon, cards & social to follow.

Mondays in St. Stephen at Rusty Nail.

Tuesdays in Holdingford at City Hall

Monthly Lunch & Learns

11:30 am

Thursday January 9th in Holdingford at the American Legion, we will be having a fiesta theme. Wear something Fun!



There will be no meal in St. Stephen for the month of January.

Thursday February 13th in Holdingford

Tuesday February 18th in St. Stephen.

Theme is Sports Lover.

Wear your favorite teams jersey!



Exercise

Wednesdays

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

St. Stephen Exercise Class SAIL (staying active & independent for life) at church hall **Wednesdays** 1:00-2:00 pm, line dancing from 2:00-2:30. **Fridays** from 9:30-10:30 am Leader Lorene DeFord.

Holdingford SAIL at Legion **Tuesdays and Fridays** from 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

Starting in January

Caregiver Support Group in St Stephen

2nd and 4th Fridays of the month
9:00 – 10:30 am

Call the Helping Hands Office for more information.

The price of being a Caregiver and how Helping Hands can help.

The demands of caregiving can be exhausting and overwhelming—especially if you feel that you're in over your head or have little control over the situation. But there are steps you can take to rein in stress and regain a sense of balance, joy, and hope in your life.

While caring for a loved one can be very rewarding, it also involves many stressors. And since caregiving is often a long-term challenge, the emotional impact can snowball over time. You may face years or even decades of caregiving responsibilities. It can be particularly disheartening when there's no hope that your family member will get better or if, despite your best efforts, their condition is gradually deteriorating.



Carol Lundquist
Executive Director

If the stress of caregiving is left unchecked, it can take a toll on your health, relationships, and state of mind—eventually leading to burnout, a state of emotional, mental, and physical exhaustion. And when you get to that point, both you and the person you're caring for suffer.

That's why taking care of yourself isn't a luxury, it's a necessity. Cultivating your own emotional and physical well-being is just as important as making sure your family member gets to their doctor's appointment or takes their medication on time.

Learning to recognize the signs of caregiver stress and burnout is important, so you can take immediate action to prevent things from becoming worse and start improving the situation for both you and the person you're caring for.

Common signs and symptoms of caregiver stress

- Anxiety, depression, irritability • Feeling tired and run down • Difficulty sleeping • Overreacting to minor nuisances • New or worsening health problems • Trouble concentrating • Feeling increasingly resentful • Drinking, smoking, or eating more • Neglecting responsibilities • Cutting back on leisure activities

Avoid caregiver burnout by feeling empowered. **Our Powerful Tools for Caregivers class** can help you take better care of yourself while caring for a friend or relative. Feeling powerless is the number one contributor to burnout and depression. And it's an easy trap to fall into as a caregiver, especially if you feel stuck in a role you didn't expect or helpless to change things for the better. But no matter the situation, you aren't powerless. **Our individualized caregiver consulting** can help you with goals and tools to help you in your new role as a caregiver.

Don't let caregiving take over your life. Since it's easier to accept a difficult situation when there are other areas of your life that are rewarding, it's important not to let caregiving take over your whole existence. Invest in things that give you meaning and purpose whether it's

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Thank you to the **Holdingford American Legion** for generously donating the use of their building to Helping Hands Outreach for our Exercise classes, Monthly Lunch and Learns, and our yearly Health Fair. We appreciate this great donation and support to our community.

your family, church, a favorite hobby, or your career.

Ask for caregiving help. **Our Adult Day Center** is a structured program that you can bring your loved one to, to get the time you need to take care of yourself! We also offer in-home respite using volunteers to stay with your loved one.

Taking on all of the responsibilities of caregiving without regular breaks or assistance is a surefire recipe for caregiver burnout. Don't try to do it all alone. Utilizing the Adult Day Center one or more days a week can help you take care of yourself! As a busy caregiver, leisure time may seem like an impossible luxury. But you owe it to yourself—as well as to the person you're caring for—to carve it into your schedule. Give yourself permission to rest and to do things that you enjoy. You will be a better caregiver for it

Join a caregiver support group. We are starting a new caregiver's support group in January – see page 3 of the newsletter.

It is so important for caregivers to take care of themselves while caring for their loved ones. It is not being weak or avoiding your duty. By utilizing the services that Helping Hands can provide, you will be increasing the length of time that your loved one will be able to remain in your home.

Our Adult Day center is open Monday – Thursday, from 9 am – 3 pm. Please contact Helping Hands 746-9960 about any of the services listed above.

The cost of the Adult Day center is often provided by insurance. If you do not have insurance that covers the cost, we have received other funding to help to defray the daily cost, based upon what you are able to pay. PLEASE, don't let cost be the reason you don't check out the services we offer, as we want to help anyone who could benefit from the service.

New Caregiver Support Group Starting

Caregiving brings many blessings, however, with ever-changing roles and emotions, along with increasing time and energy expended to meet the needs of the care receiver, it can also be emotionally and physically exhausting. Caregivers often struggle to remain healthy and active.

Did you know more than 500,000 Minnesotans provide care for a family member, friend or neighbor? There are a lot of us out there. Coming together to support and encourage one another is a good first step in taking care of you. Taking care of yourself is one of the best things you can do for your loved one.

If you are a caregiver of an older adult, whether that is a spouse, a parent, or a friend, please come and join us.

Helping Hands will be starting a **Caregiver Support Group in January**. We will meet at the St Stephen City Hall, 9:00 a.m.-10:30 on the 2nd and 4th Fridays of the month. Denise Leahy will be leading the group. Call the Helping Hands Office 320-746-9960 or Denise 320-228-0115 for more information. Respite care may be available.

Welcome to 2020!!

Winter is in full swing so I wanted to share some great winter safety tips, and also let you know about some other things happening this year.

For health goals: Check out our Regular exercise classes as well as our SAIL (Staying Active and Independent for Life) exercise classes, also be sure to Keep a watch out for our next Tai Ji Quan and Stepping On programs that we will be offering again this year.

Mark your calendars: For the Spring Health Fair Tuesday May 19th, from 10 am till Noon at the St. Stephen Parish Hall.



Lorene DeFord
Health and Wellness
Coordinator

Have a Great year!!!

WINTER SAFETY TIPS FOR SENIORS

Winter has arrived! Be sure to leave this checklist with your aging loved ones to help keep them warm and safe during the winter season.



Check the weather. Before leaving home, be sure to view the forecast so you are aware of any special weather statements. Change your plans and stay indoors if needed.



Bring your walking aid if necessary. If you have a cane or walker, be sure to bring it along when leaving the house.



Stick to the path. When outdoors, be sure to walk on bare surfaces and use handrails whenever possible.



Invest in good footwear. Warm, waterproof, anti-slip boots are key for winter.



Plan ahead when going outdoors. Pack a snack, water, and any medication you may need to take throughout the day in case your trip takes longer than expected.



Bundle up. Be sure to dress in several layers suitable for cold weather, including a hat, scarf, and mittens.



Let others know where you are going and when you expect to return whenever leaving the house.



Ask for help for winter tasks. Do not attempt to shovel the driveway, break ice, or remove snow from your roof by yourself.



Eat a healthy diet and stay hydrated. Winter can lead to a deficiency in vitamin D due to lack of sun exposure. Consume vitamin D rich foods (such as salmon, fatty fish, mushrooms and egg yolk) to prevent deficiency. Drink plenty of water throughout the day to stay hydrated.

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A very **BIG** thank you; to all who gave items for our Seniors.

The items were all very useful, and much appreciated by those who benefited from your generosity.

Items were donated by the following people, and other anonymous individuals.

Jacob & Carla Fowler
Glen & Karen Solarz
Stacie Supan
Carol Tembreull
David & Rita Auer
Dawna Anderson
Joan Strusz
Ardith Mosier
Laurie Fuerstenberg
Mary Stalberger
Lynnette Bauer



We were able to spread the Christmas joy to over 25 individuals this year!

If someone has an extra copy of the latest Two Rivers Catholic Community Directory that they would be willing to donate to Helping Hands Outreach we would greatly appreciate it.

Please be advised that our office will be closed from noon on Dec. 24th thru Jan. 1st. We will resume our regular office hours on Tuesday, January 2nd 2020. Happiest of Holidays to you!



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Thank You For Your Donation!

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

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Annual Appeal Donors will be listed in our next newsletter.

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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

Would you rather receive our newsletter by email? If so please contact our office at 320-746-9960 to be put on our email list.



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Thank you St. Stephen Parish

Helping Hands Outreach is grateful for the support we receive through the donation of the use of the St. Stephen Parish Center for our programming. This includes space for our monthly Lunch and Learn and our weekly exercise program and Tai Ji Quan program. This generosity allows us to serve more than 70 senior adults in the St. Stephen area with valuable services.

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Drop off your Teals Market receipts We continue to accept and benefit from your Teals Market receipts. We received more than \$800.00 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 coordinating this program.

Helping Hands Outreach
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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 communi-*



Instead of the John I call my
bathroom the Jim!
That way it sounds better when I
say I go to the Jim first thing
every morning!!!

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

