



Vol. 19 No. 2

March-April 2020

## Upcoming Events

### 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

### **Senior Driving Class**

**Tues March 3rd** (initial), and  
**Thursday March 5th** (initial &  
refresher) 5:30-9:30 in

St. Stephen at Church Hall.

Call HHO to sign up 320-746-9960.  
\$18 pre-paid, or \$20 at the door.

**Sat. April 4** (initial) and **Sat. April**  
**11th** (initial and refresher) 8:00-  
Noon at Bowlus Fire Hall. Register  
through Tom Fussy at (320)232-5703



### Weekly Lunches

Lunch at noon, cards & social to follow.  
Mondays in St. Stephen at Trobec's Bar  
Tuesdays in Holdingford at City Hall

### Monthly Lunch & Learns

**11:30 am**

**Thursday March 12th** in Holdingford  
at the American Legion.

**Tuesday March 17th** in St. Stephen  
at the Church Hall.

**Wear Green for some**  
**St. Patrick's Day Fun!**

**Thursday April 9th** in Holdingford  
**Tuesday April 21st** in St. Stephen.

**Our April 9th Luncheon in**  
**Holdingford will be in honor of**  
**all of our wonderful**  
**volunteers!**

### Feet First Clinic

**Holdingford**  
**City Hall**

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

**St. Stephen Hall**

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

Thank you to all of the donors listed below and on the next page who supported our Annual Appeal. We reached the highest total donated ever and also received the entire match of \$5,000 from Give65. Please know that each and every one of your donations, big or small, is vital to achieving our mission of supporting our older adults and adults with disabilities in our community. In addition to monetary support, we also could not do what we do without our volunteers and all of you that diligently save and drop off your Teal's receipts. We succeed with all of our community working together. Thank you all



**Carol Lundquist**  
Executive Director

Louise Adolph 🖐 Jeffrey & Mary Akervik 🖐 Albany Mutual Insurance Co 🖐 Rosemary Anderson 🖐 Mike & Luke Anderson  
(Thunder Valley Classic Cars) 🖐 Lois Angulski 🖐 Rita & David Auer 🖐 Kenneth & Helen Bechtold 🖐 Patty Becker  
Tim Bersheid 🖐 Harvey Beutz 🖐 Tom & Delores Bialka 🖐 Leo Bieniek 🖐 JoAnn Binsfeld 🖐 Chet & Rose Blascziek  
Steve & Lola Blattner 🖐 Laurie Blenkush 🖐 Bowlus American Legion 🖐 Brenny Transportation 🖐 Marvel Brown  
Dale & Kathy Bruns 🖐 Edwin & LaDonna Butenhoff 🖐 Mary Ann Buttweiler 🖐 Marvin & Betty Caspers  
Joanne Christensen 🖐 Mary Jayne Chuba 🖐 Mary Jo & Jerry Crever 🖐 Carol Cropper 🖐 Herman & Bernice Ebnet  
Jordan Ebnet 🖐 Stephen & Kim Ebnet 🖐 Tony & Melissa Ebnet 🖐 Bernice & Warren Eiden 🖐 Doris Elfering  
Jim & Rose Fedor 🖐 Ramona Fedor 🖐 David & Janice Fiedler 🖐 Norbert & Virginia Fiedler 🖐 Carla Fowler  
Bernie & Helen Frie 🖐 Joan & Ron Frie 🖐 Theresa Friedrich 🖐 Jeff Fromm 🖐 Frank & Doreen Gerads 🖐 Jennifer Gerads  
Roger & Janet Gerads 🖐 Werner & Mildred Gerads 🖐 Ambrose & Kathleen Gertken 🖐 Linus Goebel (Goebel Dairy)  
Robert Gray (RNG Trucking) 🖐 James & Mary Grunloh 🖐 Laurie Harden 🖐 Mike & Shelly Harren 🖐 Rod & Linda Harren  
Ed Hartung 🖐 Joyce Hasch 🖐 Frank Haynes 🖐 Andrew & Joann Heinen 🖐 Leonard & Judy Heitzman  
Steve & Lorrie Hellmann 🖐 Donald Herzog 🖐 Holdingford American Legion 🖐 Holdingford Lions 🖐 Holdingford Lioness  
Daniel & Charlotte Huls 🖐 Delores Huls 🖐 Rose Mary Huls 🖐 Sharon Hylla 🖐 Robert & Rita Jarnot  
Allen & Donna Johannes 🖐 Dan & Holly Justin 🖐 Joseph Katzner 🖐 Lori Kepper 🖐 George & Donna Kierzek  
Roman & Jeanette Kierzek 🖐 Gerald & Linda Klug 🖐 Robert & Alice Kobylinski 🖐 Rich & Diane Koehn 🖐 Lisa Koll  
Norbert Kollodge 🖐 Ron & Shirley Konsor 🖐 Joan Koopmeiners 🖐 Lorene Koopmeiners 🖐 Dale & Karen Korneck  
Anton & Angeline Kostreba 🖐 Ray & Cathy Kostreba 🖐 Donna Kremers 🖐 Jason & Patti Kubat  
George & Cheryl Kuklok 🖐 Patrick & Anne Kuklok 🖐 Ken & Linda Lahr 🖐 Karen Larsen 🖐 Dan & Denise Leahy  
Clarence & Darleen Legatt 🖐 Jane Legatt 🖐 Jerome Legatt 🖐 Mathew & Karen Legatt 🖐 Dennis & Lois Legatt (Central MN  
IBA) 🖐 Doug Legatt (We Haul for You) 🖐 Lorraine Lentz 🖐 Donald Litchy 🖐 Tom Locnikar 🖐 Evelyn Locnikar  
Mark Longendyke 🖐 Carol Lundquist 🖐 Ann & Patrick Maciej 🖐 Kevin Mader 🖐 Mel & Elaine Majerus  
Christine Maleska 🖐 Doug & Sue Marstein 🖐 Mike May 🖐 Millie May 🖐 Rose Means 🖐 Jerry & Carole Mehr  
Dennis & Cynthia Meyer 🖐 Cletus & Linda Miller 🖐 Jerry Muyres 🖐 Barbara Nathe 🖐 Donnie & Jane Nienaber  
Roxanne Nordmann 🖐 Everett & Sandy Olson 🖐 Dana & Bernie Omann 🖐 Larry Omann 🖐 Peter & Barb Omann  
Marcia Opatz 🖐 Matthew & Lynn Palmersheim 🖐 Loretta Panek 🖐 Odilia Panek 🖐 Jeanette Peleske  
Pelican Lake Ballroom 🖐 John & Amy Pilarski 🖐 Martin & Delores Pilarski 🖐 Arnold Platz 🖐 August & Joyce Preusser  
Karla Preusser 🖐 Catherine Rehm 🖐 John & Barb Riesner 🖐 Ronald & Mary Ritter 🖐 Rahn's Oil & Propane  
RDO Equipment 🖐 Al & Diane Rodenwald 🖐 Michael & Catherine Roe 🖐 Juanita Roerick 🖐 Bernard & Margaret Ronyak  
Caroline Sadlowsky 🖐 Joe & Donna Salzer 🖐 Marlene Scapaniak 🖐 Jeremy & Erica Scegura 🖐 Everett & Bev Scherping  
Jerome & Rosalie Schindler 🖐 Marcy Schmidt 🖐 Ron & Irene Schmidt 🖐 William Schmidt 🖐 Ernie & Lois Schmit

Vernon Schroeder. 🤝 Kathy Schueler 🤝 John & Carole Scott 🤝 Alice Skwira 🤝 Alphonse & Shirley Skwira  
 Delores & John Stangler 🤝 Robert & Mary Stangler 🤝 Ralph & Mary Stich 🤝 Lisa Stoermann 🤝 Marvin Stoermann  
 Arnold Stueve 🤝 Cory Sundell (Cornerstone Ag Services) 🤝 Dakota Supan 🤝 Jerome & Delores Supan  
 Tim & Stacie Supan 🤝 Carol Tembreull 🤝 Arthur Terwey 🤝 Nancy Thell 🤝 Robert & Sharon Thell  
 Eric & Sue Tix 🤝 David Trettel 🤝 Michael Trettel 🤝 Diane Tuff 🤝 Fred & Geri Viere 🤝 Lloyd & Audrey Voges  
 Steve & Lorri Volk (St Stephen Storage) 🤝 James & Sharon Volkers 🤝 Tom Vos 🤝 David & Sharlene Walberg  
 Jim Wenderski 🤝 Ed & Sharon Westom 🤝 Roger & Mary Weyer 🤝 Ray & Carol Wilczek 🤝 Shirley Willoughby  
 Leroy & Louise Winkler 🤝 Jeanette Woidyla 🤝 Viola Wuebkers 🤝 Bernard & Marjory Wunderlich 🤝 Laurie Yamry  
 🤝 Dennis & Sharon Yurczyk

Cathleen Adolph♥In memory of Rodney Adolph  
 Debbie Binsfeld♥In memory of John H. Binsfeld  
 Rick & Barb Calgaro♥In memory of Agnes & Otto Jendro & Otto Jr  
 James & Gail Cherne♥In memory of Cyril & Violet Mader  
 Ron Court♥In memory of Vic Court  
 Bob & Johnita Dombrovski♥In memory of Viola Dombrovski  
 Vera Forner♥In memory of my husband - Bill Forner  
 Rudy & Bernice Gerads♥In memory of Wm & Ann Czeck and Tom  
 & Julianna Gerads  
 Allen & Darlene Gill♥In memory of Ervin & Marlene Gill  
 Art Jr & Rene Harlander♥In memory of Bieniek & Harlander  
 deceased family members  
 Art Harlander, Sr♥In memory of Theresia Harlander  
 Maryann Hartung♥In memory of George Hartung  
 Willard & Joann Hedeem♥In memory of Tim Casey  
 Infinity Homes Inc.♥In memory of Victor & Alvina Omann  
 Kevin & Pam Johannes♥In memory of Leonard & Josephine  
 Johannes  
 Norb & Lou Ann Jost♥In memory of Lori Scherping  
 Larry Klimmek♥In memory of Reuben & Clara Klimmek  
 Janet Klug♥In memory of Elmer Tom Kerestes  
 Laverne Kobylinski♥In memory of Sylvester & Louise Kobylinski  
 Hildegard Kociemba♥In memory of Alois Kociemba  
 Darlene Kostreba♥In memory of Henry Kostreba  
 Jim & Jan Krych♥In memory of Rita & Eddie Krych & Jack Bolen  
 Mike & Lori Kuklok♥In memory of Louis Wentland  
 Ken Lemke♥In memory of Tammy Holland  
 Elmer & Jenny Maciejewski♥In memory of Bill & Mike Maciejewski  
 Christy & Terry Morgel♥In memory of Edward & Violet Pintok  
 Ken & Lucy Nathe♥In memory of Fred & Frieda Gerads & George  
 & Armella Nathe  
 Madonna Nentl♥In memory of Melvin Nentl  
 Claude & Susan Opatz♥In memory of Randy Opatz  
 Carol Opatz & Family♥In memory of Edwin Opatz  
 Tim & Stacie Peterson♥In memory of Tim Fleck  
 Bob & Johnita Pilarski♥In memory of Clarence, Stella &  
 Tony Pilarski  
 Ray & Cindy Pilarski♥In memory of Tilla Asseln

Jerry Platz♥In memory of my Dad - Arnold C Platz  
 Rick & Sharon Pogatschnik♥In memory of Norb Ertl &  
 Butch Pogatschnik  
 LaDonna & George Reisdorf♥In memory of recently  
 deceased relatives  
 Gwen Richardson ♥In memory of William J. Richardson  
 Emily Rudnicki♥In memory of Stanley Rudnicki  
 Mike & Kathy Ruprecht♥In memory of Stegura, Ruprecht &  
 Warzecka family  
 Scott Sand♥In memory of Being Hungry  
 Ron & Jane Scegura (Scegura Insurance Agency)♥In memory of  
 James J Czech  
 Florentine Scepaniak♥In memory of Tony Scepaniak  
 Geralyn Schmainda♥In memory of Bill Schmainda  
 Leon Schmitz♥In memory of Gilbert & Marie Schmitz  
 Dorothy Slivnik♥In memory of Mary & John Hettwer  
 Karen & Glen Solarz♥In memory of Ted Solarz  
 Lois Solinger♥In memory of my husband Andy Solinger  
 Joyce Sowada♥In memory of Edsel Sowada  
 Phil Stegura♥In memory of Joseph Stegura  
 Thomas & Jeanette Stodolka♥In memory of Nick Stodolka  
 Donna Tix♥In memory of Paul Tix  
 Joe & Jane Traut♥In memory of Clarence & Cyrilla Skroch  
 Lorraine Traut♥In memory of Vic Traut  
 Wayne Van Heel♥In memory of Dan Wielenberg  
 Butch & Carol Voss♥In memory of Wallace & Eleanor Jacobson  
 Delores Voss♥In memory of Vernon Sr, Kevin & Ruby Voss  
 Sheila & Terry Voss♥In memory of Vernon, Ruby & Kevin Voss  
 Steve & Patty Voss♥In memory of Clarence Jarnot & Florence  
 Voss  
 Roseanne Voss (My Salon)♥In honor of my wonderful clientele  
 Kathleen Waletzko♥In memory of Arnold & Corrine Soltis  
 Betty Warga♥In memory of Donald Warga  
 Bruce & Cheryl Warga♥In memory of Raymond & Delores Warga  
 Eleanor Wentland♥In memory of Louis Wentland  
 Mary Westbrook♥In memory of Clyde Westbrook  
 Herb & Sharon Wielenberg♥In memory of Hilda Barthel  
 Linus & Marilyn Yurczyk♥In Memory of Dennis Yurczyk





## Staying Healthy, Fit and Informed!

Find a good balance and exercise program....

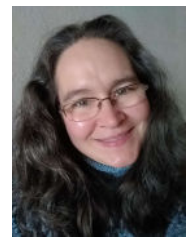
We have 2 exercise classes in Holdingford, SAIL (Staying Active and Independent for Life), and a regular exercise class and line dance. In St. Stephen we have SAIL and line dance. All of these are fun ways to socialize while you're trying to stay fit, which makes it much easier than exercising alone. Everyone is welcome to drop in at any time!

Upcoming Classes Being Offered: (Watch for in future newsletters for dates and times)

We will be offering a **Tai Ji Quan** class again, this is a wonderful class that goes through slow movements that help with balance, it is taught sitting as well as standing. Give us a call if you are interested or have any questions on this program.

**Stepping On** program is another of our programs we are offering this year. This program meets once a week for 7 classes. With group discussion along with various professionals being brought in, it makes it a very fun and informative class!

Come join us at our Spring Health Fair **Tuesday May 19<sup>th</sup> in St. Stephen at the Parish Hall.** It will be from **10:00 – Noon, with our Lunch and entertainment following.** Lots of vendors and fun!!



**Lorene DeFord**  
Health and  
Wellness  
Coordinator



HealthFair

### Music of our Heart-Land Free Polka Parties in Holdingford

Sunday March 22: Adam and the Jolly Jammers playing Czech, German and Dutchmen style music

Sunday April 26: DyVersiCo playing German and Polish polkas and waltzes

Holdingford American Legion Club  
1:00 – 4:00 p.m.

Dancing and singing encouraged. All ages welcome. Bring your favorite musical instrument to join in on jam sessions. Lunch and beverages available on site.

Sponsored by the City of Holdingford and supported by the Holdingford American Legion Club, Holdingford Area Historical Society and the Holdingford Sno-fliers Club.



"This activity is made possible by the voters of Minnesota through a grant from the Central MN Arts Board, thanks to a legislative appropriation from the arts and cultural heritage fund."



# Helping Hands Volunteer Opportunities

## What Activities can you help seniors in your area with?

**Give a ride**—to a medical appt., groceries, church.

**Friendly visit** – check on a neighbor or senior in your area.

**Light housework** —dishes sweeping, laundry.

**Lawn care** - raking leaves.

**Give a talk to a group** – on nutrition or safety.

**Snow shoveling** - steps, sidewalks.

**Household chores**- washing floors, windows, home maintenance.

**Respite to caregivers**—giving caregivers a break.

**Fund-raising** - help during Holdingford Daze, sell raffle tickets, help bake coffee cakes, work at bake sale.

**Help in kitchen at a monthly meal** - in St. Stephen or Holdingford to prep, cook, or clean up.

**By being a volunteer, you are not committed to the same day, or a certain time every week, or month. We will call and ask if you are available, if you are not; we just call the next person on our list. Our average volunteer driver gives about 10 rides per year, others may drive every week as the decision is up to them. Volunteers in other areas may help just once per year, or per month. We are more than happy with whatever you feel comfortable with.**

**We Have a wish list of items that we could use for our office and our weekly meals that we provide in St. Stephen and Holdingford. We really appreciate anything that you may be able to donate.**

**Styrofoam take out containers**

**Paper napkins**

**Paper towels**

**Paper plates**

**Butter**

**Pocket folders**



**Cardstock paper**

**Post it notes**

**Toilet bowl cleaner**

**Postage stamps**

**Prizes for bingo**

**Copy paper**

**Copy of latest Two Rivers**

**Catholic Community Directory**

T-shirts For Sale  
Black with turquoise print  
S-M-L-XL  
\$12.00 each.

Proceeds help our seniors.



## 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  
Ben & Holly Torrens

### In Memory of

In Memory of Frank & Ludy  
Omman

Laverne Woidylla in memory  
of Ed Woidylla and Shari  
Chapman

### Donations

Allen & Donna Warzecha

### In-Kind Contributions

Albany Home Bakery  
Ruby's Pantry  
Salvation Army  
Avon Food Shelf  
Ervin Bueckers  
Melissa Walz  
Karen Larsen  
Kathy Traut  
Jerome & Kathleen Ebnet  
Sharon Sjaaheim  
Opatz Metal  
Jean Knese  
Ernie Skwira  
Shelly Harren

Thank you to all who gave items towards our  
**Christmas Cheer Boxes** that we distributed.  
We were able to deliver around 30 boxes in  
our area.

## Come and Enjoy the Annual



## HOLDINGFORD FIREFIGHTERS RELIEF ASSOCIATION

## Breakfast

**SUNDAY MARCH 8, 2020**

8:30 am to 12:30

## Holdingford City Center

Pancakes, Eggs, Sausage,  
Ham, Hash Browns, Fruit,  
Caramel Rolls, etc.

**Free will  
donation.**

**Thank you.**





**PROFESSIONAL MOVERS**  
FOR YOUR  
HOME OR BUSINESS

- Product delivery, discard and debris removal
- We strive to exceed your expectations

D.O.T. 1144430 **BBB** MEMBER

wehaulforyou.com doug@wehaulforyou.com

**DOUG LEGATT 320-250-2855**

**Everything  
YOU NEED IN A BANK**

- Business Cash Management
- Online & Mobile Banking
- E-Statements, Bill Pay, Mobile Deposit
- Business Loans & Equipment Financing
- A Full-Service Bank with a variety of business and personal products

**Give us a call Today! 320-746-2261**



**STEARNS  
BANK** Holdingford N.A.  
580 Main St., Holdingford | Member FDIC.



**Drop off your Teals Market receipts!** We continue to accept and benefit from your Teals Market receipts. We received more than \$1000.00 in 2019. 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 Board Members:

Maurice Meyer  
President  
Joe Christensen  
Vice President  
Sue Marstein  
Secretary  
Mary Stalberger,  
Treasurer  
Rod Harren  
Joyce Hess  
Carlena Johnson  
Jerry Mehr  
Peter Omann  
Shelly Harren  
Judy Boulton

## Staff:

Carol Lundquist,  
Executive Director  
Denise Leahy  
Adult Day Center Director  
Lorene DeFord  
Health & Wellness Coordinator  
Karen Skaj  
St. Stephen Service Coordinator  
Stacie Supan  
Program & Service Coordinator  
Mariah Linder  
Intern

## AVON COFFIN WORKS

www.avoncoffinworks.com

### AND URN SALES



**GLENN R. BRIX**  
Cell: 320-250-5089  
13858 365th Street  
Avon, MN 56310

*Handcrafted Coffins at  
Affordable Prices*



**Helping Hands Outreach**  
**PO Box 293**  
**Holdingford, MN 56340-0293**

Non-Profit Org.  
U.S. Postage  
Paid

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."*



#### **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](http://HoldingfordAreaHistoricalSociety)

### ***Scegura Insurance***

**Farm • Crop • Auto • Cycle • RV • Home**

**Renters • Business • Disability • Life**

**Health • Medicare Supplements**

**Call  GRINNELL *Us***  
**MUTUAL.**

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

