



## Upcoming Events

### We are in need of Volunteer Drivers!

We need volunteers who are willing to be on a call list for when we have a senior that needs a ride to a Doctor appointment, grocery shopping, or just for an errand. You may drive once a month, or once a year, or every week, that decision is up to you.



**Please call Helping Hands  
for more info  
320-746-9960**

*Happy  
Thanksgiving*

**Our office will be closed  
November 26—27**

### Feet First Clinic

**Please note changes.** You will need to call 320-746-9960 to make an appointment. We would like for you to also wear a mask during your appointment, if you are running a fever or not feeling well please stay home.

#### **Holdingford City Hall**

1st Tues of the  
month starting at  
9:00 a.m. to Noon,

**Call for  
appointment**

#### **St. Stephen Hall**

1st Wednesday  
of the even  
months.

1:00-3:00 pm.  
**Call for  
appointment**

### Weekly Lunch

Tuesdays in **Holdingford** at City Hall  
**pick up or delivery only.** Please call to  
reserve your meal **by the Friday  
before.** 320-746-9960

**St. Stephen,** until we can start our  
congregate dining/card playing again,  
our meals will be coming from  
Holdingford on Tuesdays. These can be  
**picked up in the St. Stephen Church  
parking lot, or delivered if needed.**  
Please call to reserve your meal by the  
Friday before.  
320-746-9960

Suggested donation for all meals at both  
locations is \$5.00, but no one will be  
denied a meal based on ability to pay.

#### **Pick up will be at**

\*Holdingford City Hall at 12:00

\*St. Stephen church parking lot 12:00

### Changes for St. Stephen

Once we are able to have congregate  
dining and start playing cards again, our  
regular **weekly** Monday meal will be  
switched Back to Mondays due to  
conflict, either at Trobec's Bar, or  
The Rusty Nail.

The **monthly meal** for St. Stephen  
that is held at the St. Stephen parish  
hall will be moved to the **third  
Thursday of each month.**

Suggested donation will be \$5.00 per  
meal.

## OUR IMPACT IN OUR COMMUNITY

July 1, 2019 – June 30, 2020



**Carol Lundquist**  
Executive Director

## UPCOMING ANNUAL APPEAL

To help alleviate the economic devastation caused by the coronavirus (COVID-19) pandemic, Congress has enacted the Coronavirus Aid Relief and Economic Security Act (CARES Act). Among its many provision is a brand new universal deduction for charitable contributions.

**Taxpayers who don't itemize may now deduct up to \$300 per year in charitable contributions. Such deductions must be:**

**In cash (no property like old clothing), and  
Given to a 501 (c) (3) charity.**

This is a universal "above-the-line" deduction, taxpayers don't have to file Schedule A (itemize) to claim it.

**Again this year, you can have your donation doubled by giving it on Tuesday, December 1<sup>ST</sup> through the website [www.Give65.org](http://www.Give65.org). Donations of any amount (up to the first \$50,000) will be doubled (so get up early). Go to [www.give65.org](http://www.give65.org), click on the Donate Tab, type in Helping Hands Outreach and click to our donation site. If you are uncomfortable with donating online, you can send a check to the office and we will apply it for you. Please put Give 65 on the check memo.**

Check your mailbox for your Annual Appeal letter. However you choose to support Helping Hands, know that your support is important and appreciated.



### INDIVIDUALIZED EXERCISE PROGRAMS STARTING

Now that main street in Holdingford is open for traffic, we are starting an individualized exercise program at our office at 531 Main Street.

We will train you to use the NuStep and set up a program just for you! The NuStep provides simultaneous upper and lower body motion to work all the major muscle groups, helping all users to burn calories, build strength, and improve their overall cardiovascular fitness. The Nu Step simulates a natural walking motion while eliminating undesirable joint stress and promoting functional fitness.

Use will be by appointment only, so give us a call at 746-9960 to schedule your training session.



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

## Register at [STSE.biz](http://STSE.biz)

If you do not have access to a computer,  
contact Helping Hands at 320-746-9960

### Refresher Classes:

- St Stephen Church Hall  
Thursday, November 19<sup>th</sup> 5:30-9:30 \$18
- The Landing—including a burger basket lunch  
Saturday, December 12<sup>th</sup> 9:30-2:00 \$25

Both classes will be face to face and require masks. A Zoom class will be set up in January.

### Initial Class:

Anyone who has not taken a class of this type can start the process via Zoom. Go to [STSE.biz](http://STSE.biz) and register for the initial class and you will be contacted on how to proceed.

Checks should be made out to Helping Hands and can be sent to:  
Helping Hands  
PO Box 293



### 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!



**Ronald Scegura**  
Scegura Insurance Agency  
39002 County Road 9  
Avon, MN 56310  
Tel. 320-746-2582

### Volunteer Highlights

Thanks to Arnold Stueve for picking up the bread each week that Albany Bakery so kindly donates to our senior meals, and for always picking up the newsletters from the printers for us. We appreciate you!







### Did You Know??

- For people of every age, and especially older adults, the more time we spend sitting down, the higher our risk of heart disease, diabetes, certain cancers, dementia, stroke and back pain.



**Lorene DeFord**  
Health and Wellness Coordinator

- For people older than 60, every additional hour per day spent seated is linked to a 50 percent greater risk of increased disability!

Even if you set aside time for an exercise routine every day, prolonged sitting can still be harmful.

- Make a habit of getting up every so often.
- Stand up when you talk on the phone.
- When you get up to get something, take a little stroll around the house.
- Is a friend coming to visit? Chat while you go for a walk, rather than sitting in on the couch. Walk for short errands instead of driving.
- Take the stairs instead of the elevator if you are able.



**On that note of becoming more active, we're getting excited that we are getting very close to opening up some of our exercise programs in Holdingford and Saint Stephen!!!**

**Please contact me at Helping Hands Outreach if you are interested in attending!**

**Lorene**

**Office 320-746-9960**

**Cell 320-250-0585**

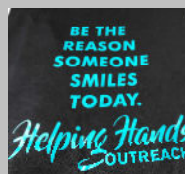
#### For Sale

**Black with turquoise print t-shirts**

**S-M-L-XL**

**\$12.00 each.**

**Proceeds help our seniors.**



## 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.

## Gifts of Cheer

Once again, we will be collecting items for our Senior care packages. Items will be distributed in December to seniors in our area that could use a little Christmas cheer. Feel free to drop items off at Helping Hands Outreach office during business hours, and we will distribute them. If you know of someone who could use a little extra pick me up, please call our office. Below is a list of some ideas, we welcome other items as well.

- Puzzles
- Note pads/Journal/Note cards
- Small dry erase boards
- Postage stamps
- Laundry detergent pods/softener sheets
- Local gift cards (gas/shopping/services/restaurants)
- Large print books/word find/sudoku/adult coloring books/pencils/gel Pens
- 4 pack toilet paper
- 13 gallon garbage bags
- Kleenex
- Trail mix
- Pump hand soaps
- Individual servings of pudding/fruit cups and other food items.
- Meal certificates to Helping Hands
- Throw blankets/neck pillows
- Motion-activated stick anywhere LED lights
- Warm socks
- Large print wall calendar
- Small LED flashlights



# WE HAUL

# FOR YOU

wehaulforyou.com

**PROFESSIONAL MOVERS**  
FOR YOUR  
HOME OR BUSINESS

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

D.O.T. 1144430

MEMBER

**DOUG LEGATT 320-250-2855**



**Stacie Supan**

Program and  
Service  
Coordinator



**Karen Skaj**

St. Stephen  
Service  
Coordinator





Are you looking for a way to give back to your community, or for an experience that might change your life? Ever thought about volunteering maybe twice a year or once per month, or even one time per week? Listed below are some of the opportunities available through Helping Hands Outreach. We would love to hear from you!

**Snow shoveling**

steps, sidewalks

**Household chores**

washing floors, windows,  
home maintenance

**Respite to caregivers**

giving caregivers a break

**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, mowing lawn

Are you struggling to pay for food during the COVID 19 crisis? You are not alone, and we are here to help!

Tri-CAP staff provides assistance with SNAP (food support) screening for eligibility, application and recertification assistance in our SNAP Outreach program.

Options are available to complete in a contactless manner so you won't even have to leave your home.

Give us a call today at 320.251.1612 to

**Please let us know how we can help you.**

- Rides to appointments/shopping/errands
- Light housekeeping
- Someone to visit with
- Respite for caregivers
- Equipment rental
- Meals
- Grocery shopping
- Lending Library/puzzles
- Info on other senior services available by calling Helping Hands Outreach 320-746-9960

**AVON COFFIN WORKS**  
[www.avoncoffinworks.com](http://www.avoncoffinworks.com)  
**AND URN SALES**



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

*Handcrafted Coffins at  
Affordable Prices*



**Drop off your Teals Market receipts!** We continue to accept and benefit from your Teals Market receipts. To date in 2020 we have received more than \$600.00. 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.

**In-Kind Contributions**

Albany Home Bakery  
 Ruby's Pantry  
 Salvation Army  
 Avon Food Shelf  
 Ervin Bueckers  
 Brian & Monica Maine  
 Karen Larsen  
 Dakota Supan  
 Tom & Jeanette Stodolka  
 Joe & Joann Christensen  
 Sharon Eickhoff  
 Roger L Nelson  
 Betty Skaj  
 Donna Johannes  
 Jane Nienaber  
 Tom & Rene Pierskalla  
 Kathleen Ebnet  
 Performance Foods, Rice MN  
 Bernie, Clary, and Roger Frie  
 Linda Harren  
 Laure Fuerstenberg  
 Mary Butkowski  
 Karen Larsen  
 Emily Rudnicki

*Thank You!*

**Donations**

Lucy Bernick	Loren & JoAnn Pilippi
Laure Fuerstenberg	Rose Mary Huls
Dan & Beth Kowalczyk	Denise Leahy
Janet Klug	Rita Solarz
Leo Beniek	Thomas Sowada
Tom & Jeanette Trobec	William and Ruth Vouk
Jean Knese	Laverne Woidylla
Lavone M Smolely	Steve Woidylla
Louise Adolph	
Joann Christensen	
Laurie Harden	
Ed & Sharon Westrom	

**Donations in Memory of**

Marlene Scepaniak & Mary Jo Peterson in Memory of Betty Erlander  
 Jerome & Kathleen Ebnet in memory of Leonard & Josephine Johannes, Alfred & Regina Ebnet, and Wally Ebnet

**Monthly Supporters:**

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

**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  
 Lenore Dawson

**Staff:**

Carol Lundquist,  
 Executive Director  
 Denise Leahy  
 Caregiver Support Coordinator  
 Lorene DeFord  
 Health & Wellness Coordinator  
 Karen Skaj  
 St. Stephen Service Coordinator  
 Stacie Supan  
 Program & Service Coordinator

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

Non-Profit Org.  
U.S. Postage  
Paid  
Permit No. 884  
Waite Park, MN

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)

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





## **Annual Appeal**

Every year at the end of November, we send out our annual appeal to our local communities, asking for your donation to support Helping Hands Outreach. This year has been a year like no other! Our support of our local elders has changed from group activities, to delivering meals and care packages to individuals homes. We continue to provide rides, housekeeping and chore services for individuals. We have been fortunate to receive CARES funding for additional food and the costs to deliver it. Thank you to all who supported our Give65 campaign during the summer.

To help alleviate the economic devastation caused by the coronavirus (COVID-19) pandemic, Congress has enacted the Coronavirus Aid Relief and Economic Security Act (CARES Act). Among its many provision is a brand new universal deduction for charitable contributions.

**Taxpayers who don't itemize may now deduct up to \$300 per year in charitable contributions. Such deductions must be:**

**In cash (no property like old clothing), and  
Given to a 501 (c) (3) charity.**

Since this is a universal "above-the-line" deduction, taxpayers don't have to file Schedule A (itemize) to claim it.