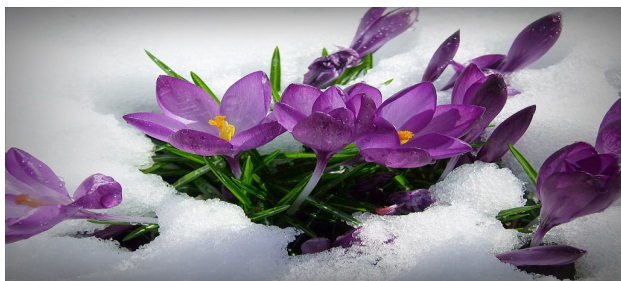




Vol. 20 No. 2

March-April 2021

## Upcoming Events



### 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.

1:30-3:00 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

#### **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**

## Changes due to decreasing Covid-19 Numbers

Now that the number of cases of covid-19 have begun to decline, and people are getting the vaccine, we are FIINALLY able to start opening our new location. We are having small groups of people in (a maximum of 5 at a time) and have begun to brainstorm activities. Unfortunately, there are still many activities that we cannot sponsor such as cards, congregate meals and outings, but group exercise classes have begun!



**Carol Lundquist**  
Executive Director



**Consumer Cellular's  
Grandpad**

We have received funding to purchase 4 grandpads tablets by Consumer Cellular for people to checkout. GrandPads includes essential apps that let you connect with loved ones or pass the time productively with a simple tap on the screen. You'll enjoy the convenience of video chatting with a high definition display and clear volume from the dual speakers. You can browse the Internet, share photos, and send voice or written emails. With popular games, streaming music, curated news, and more, GrandPad offers endless options to stay entertained and engaged. There also is the ability for a family member to function as the administrator.

Check out all of the grandpad functions at <https://www.consumercellular.com/shopping/details/grandpad/overview>

If you are interested in checking one out, or think a family member would enjoy being connected, please contact us at Helping Hands. We will be setting up the devices and training people how to use them.



### **On Call Part time Housekeepers**

Hours are flexible, dependent upon client needs.

These are paid positions.



## **Building Committee Members Needed!**



We are looking for volunteers to be part of our building committee. The committees responsibilities will be the upkeep of our building on Main Street in Holdingford. The primary functions of the committee will be to:

1. Do an annual walk through of the building and make recommendations on needed upkeep
2. Help staff to find contractors for needed repairs
3. Assist staff with mechanical issues

## Annual Appeal Donors

Received after December 3rd

American Legion Holdingford Post #211 ♥ Louise Adolph ♥ Kenneth & Helen Bechtold ♥  
 Joan Berg ♥ Sonia Browen ♥ Mary Ann Buttweiler ♥ Marvin & Elizabeth Caspers  
 Daniel & Randa Demarais ♥ Teresa Ebnet ♥ Sharon Evens ♥ Vernon & Maxine Goebel  
 Laurie Harden ♥ Patrick & Wendy Hicks ♥ Roger & Mickey Jeffers ♥ Aaron & Lori Keppers  
 Marvin Klimek ♥ Brandon & Christine Knettel ♥ Gerald & Jodi Knutson ♥ Norbert Kollodge  
 Lorene Koopmeiners ♥ Joanne Koralewski ♥ Dan & Beth Kowalczyk ♥ Jason & Patty Kubat  
 Kenneth & Linda Lahr ♥ Lake Country Veterinary Service ♥ Karen Larsen ♥ Doug Legatt  
 Tom Locnikar ♥ Mark Longendyke ♥ Carol Lundquist ♥ Steve & Robin Maciej  
 Mel & Elaine Majerus ♥ Christine Maleska ♥ Lucy Maus ♥ Todd & Sheila Meehl  
 Dennie & Cynthia Meyer ♥ Dwain & Barbara Nelson ♥ Jean Peleske ♥ Marcella Piasecki  
 Martin & Deloris Pilarski ♥ Leon & Deanna Raiter ♥ John & Marsha Rakotz ♥ LaDonna Reisdorf  
 John & Barb Riesner ♥ Ronald & Mary Ann Ritter ♥ Maynard & Imelda Sand  
 Jesse Scepaniak ♥ Marian Schlichting ♥ Mary Jane Schmit ♥ Leon Schmitz ♥ Michael Slivnik  
 Lavone Smoley ♥ Thomas Sowada ♥ St. Anthony Christian Mothers Society  
 Robert St. Marie ♥ Douglas & Judith Streit ♥ Arnie Stueve ♥ Carol Tembreull ♥ Nancy Thell  
 Bradley & Laura Wasner ♥ Teresa Weber ♥ Laverne Woidylla ♥ Steve & Karen Wood ♥ Women of Today  
 ♥Cathy Adolph in memory of Rodney Adolph♥  
 ♥Raymond Barthel in memory of Hilda Barthel♥  
 ♥Tim & Sharon Berscheid in memory of Gary Konsor♥  
 ♥Delores Bialka in memory of Leroy & David Bialka♥  
 ♥JoAnn Blattner in memory of Rosemary Scepaniak♥  
 ♥Frances Breth in memory of Michael, Jean & David Breth♥  
 ♥Allan & Brenda Dobis in memory of Hildegard Bieniek♥  
 ♥Joyce Honer in memory of Betty Mensinger♥  
 ♥David & Darlene Huls in memory of our parents & deceased relatives♥  
 ♥Janice Kennedy in memory of Dorothy Lowe♥  
 ♥Patrick & Kathryn Kennedy in memory of Dorothy Lowe♥  
 ♥Ron & Shirley Konsor in Thanksgiving♥  
 ♥Ray & Catherine Kostreba in memory of Kostreba & Cushing families♥  
 ♥Joseph & Karen Krych in memory of Edmund & Rita Krych & Edward (Mary) Kroska♥  
 ♥Bernard & Linda Legatt in memory of August & Julianna Legatt♥  
 ♥Alice Maine in memory of Bob Maine, Mary Stodolka & Dorothy Lowe♥  
 ♥Dierks & Cali Opatz in memory of our great-grandma Lucille "Topsy" Huls♥  
 ♥Mike & Tricia Opatz in memory of Bill Pilarski & LeRoy & Mary Jo Opatz♥  
 ♥Pelican Lake Ballroom in memory of My Helen's♥  
 ♥Joan Pilarski in memory of Bill Pilarski♥  
 ♥Rich & Teresa Pilarski in memory of Ken Smoley, Clarence & Stella Pilarski♥  
 ♥Barbara Pladson in memory of Dorothy Lowe♥  
 ♥Gwen Richardson in memory of William Richardson♥  
 ♥Lucille Ripplinger in memory of Vernon Vos♥  
 ♥Emily Rudnicki in memory of Stanley Rudnicki♥  
 ♥Arlene Sauer in memory of Philip F Sauer♥  
 ♥Ernie & Lois Schmit Thanks for helping Veterans♥  
 ♥Patty Schuneman in memory of my deceased husband and children (3)♥  
 ♥Patrick & Iris Smoley in memory of Dennis & Jean Smoley♥  
 ♥Ken Stodolka families in memory of Eleanor Wentland♥  
 ♥Ken Stodolka families in memory of Mary Stodolka♥  
 ♥Nicole Strei in memory of Dorothy Anne Lowe♥  
 ♥Betty Swedziak in memory of my husband, Don Swedziak and my sons Randy, Deryl & Tom♥  
 ♥Steve & Patty Voss in memory of Clarence Jarnot & Florence Voss♥  
 ♥Jacqueline Vos in memory of Ralph and Agnes Vos♥  
 ♥Don & Mary Wentland in memory of Jerome & Jeanette Winkler, Pat Chvatal,  
 Louis & Eleanor Wentland♥

## **We're happy to announce that exercise classes have started up!**

The classes consist of light stretching, simple cardio, strength and balance exercises, with lots of laughter and fun!

### **We are also setting up appointments to use our NuSTEP machine at our office!**

As the Certified Personal Trainer here at Helping Hands outreach I am leading the classes, and will be following our guidelines of our organization and to the recommendations for group exercise in our area. We will continue to monitor and do what is recommended for everyone's safety.

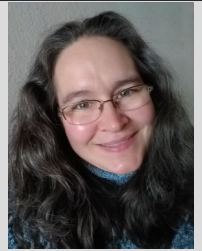
Please contact HHO at 320-746-9960 or my cell 320-250-0585 to sign up to join us at one of our locations!

**In St. Stephen at the Parish Hall: 9:30-10:30 am on Wednesdays and Fridays**

**In Holdingford at City Hall: 9:30-10:30 am on Tuesdays and Thursdays**

## **10 Motivational tips!**

\*Set good examples for others \*Make it a contest, even if it's only with yourself \*Think how good it will feel when accomplished \*Be willing to change \*Surround yourself with positive people \*Track your progress \*Reward yourself along the way \*Appreciate your progress as to how far you have come, not how far you need to go \*Don't give up \*Strive to be the best version of you!



**Lorene DeFord**  
Health and Wellness  
Coordinator

## **Dementia Library**

Helping Hands Outreach has a significant collection of pamphlets, books, and DVDs covering a wide range of dementia related issues.

From early signs to late stage.

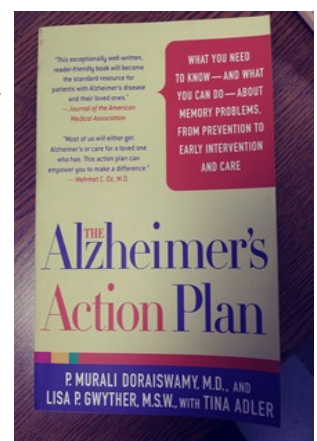
From personal stories to Mayo clinic reports.

From how to communicate and understand to creating a house that is Alzheimer's safe.

We even have books written for kids to help them understand what is happening to grandma or grandpa.

If you are just starting out on this dementia journey or have been at it awhile, we are here to help.

This wonderful resource is open to the community. Please call Helping Hands Outreach or stop in and check it out. 320-746-9960





**Senior Traffic Safety Classes.** Please register on line at STSE.biz. If you do not have access to a computer please call Helping Hands Outreach at (320)746-9960 and we will register for you. You may pay by sending a check to HHO, bring a check to the class or pay online by credit card using the registration form at STSE.biz.

## Classes Available

The refresher class is four hours long.

The initial class is eight hours long. The first four hours **CAN** be via Zoom meetings to be arranged after registration. The last four hours will be with a refresher class.

	S	M	T	W	T	F	S
Janu	31	1	2	3	4	5	6
Febr	7	8	9	10	11	12	13
Febr	14	15	16	17	18	19	20
Febr	21	22	23	24	25	26	27
Febr	28	1	2	3	4	5	6
Mar	7	8	9	10	11	12	13
Mar	14	15	16	17	18	19	20
Mar	21	22	23	24	25	26	27
Mar	28	29	30	31	1	2	3

### Senior Traffic Safety Education Classes

#### Refresher Class

February 20 at The Landing 9:30-2:00 \$25  
18527 Co Rd 154, Avon Burger Basket Lunch  
Sponsor: Helping Hands Outreach  
PO Box 293 531 Main Street, Holdingford 56340

#### Refresher Class

March 11 at Holdingford Legion 12:00-4:00 \$18  
560 Main St Holdingford  
Sponsor: Helping Hands Outreach  
PO Box 293 531 Main Street, Holdingford 56340

First four hours via Zoom before either refresher class.

#### Initial Class

March 9 First four hours face to face  
at Holdingford Legion 12:00-4:00  
560 Main St Holdingford

For the last four hours, choose a refresher class.

Click on "Future Class" and you will be told about future classes as they are set up.

## Our Wish List.....

Copy paper white or colored  
Current magazines (within a couple of months)  
Ziploc sandwich bags/ziploc snack size bags  
Disinfecting wipes  
Kleenex  
Clear page protectors  
Any of these items can be dropped off at our office during office hours Mon-Thurs 8-4, Fri 8-2.  
We thank you for your generosity.

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**Stacie Supan**

Program and  
Service  
Coordinator



**Karen Skaj**

St. Stephen  
Service  
Coordinator

## VOLUNTEER OPPORTUNITIES

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

## SCAM RESOURCES

If you or someone you know has incurred a financial loss due to a scam or fraud, please contact your local law enforcement agency.

If you would like to report a scam, but have not suffered a financial loss, please contact the Federal Trade Commission at 877-382-4357 or [www.ftccomplaintassistant.gov](http://www.ftccomplaintassistant.gov), or visit the Federal Bureau of Investigation's Internet Crime Complaint Center at [www.Ic3.gov](http://www.Ic3.gov).

If you have questions or would like more information about scams, fraud or other suspicious correspondence, please contact:

Better Business Bureau of MN & ND  
800-646-6222

[ask@thefirstbbb.org](mailto:ask@thefirstbbb.org).

AARP at 1-888-our-AARP

[member@aarp.org](mailto:member@aarp.org).

Minnesota Board on Aging  
800-333-2433

[www.minnesotahelp.info](http://www.minnesotahelp.info).

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### **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)



**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

**In-Kind Contributions**

Albany Home Bakery  
 Ruby's Pantry  
 Salvation Army  
 Avon Food Shelf  
 Ed & Sharon Westrom  
 Joan Strusz  
 Ralph & Mary Stich  
 Faye Schuneman  
 Janet Klug  
 Jennifer Jarl  
 Sharon Sjaaheim  
 Tim & Sharon Volkers  
 St. Stephen Women of Today  
 Tim Ressemann

**Donations**

JoAnne Christensen  
 Leo & Sherri Eichers  
 Darlene Kostreba  
 Irene Wielenberg  
 Donna Knettel

**Monthly Supporters:**

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

**We apologize if we missed thanking anyone for their donation, please let us know so that we can add it to our next newsletter.**

*Thank You,  
 Thank You,*

**Donations in Memory of**

Barb (Lowe) Pladson in memory of Dorothy Lowe.  
 Legatt Family in memory of Fred Legatt and Carole Pollard

**Thank you to the family of Dorothy Lowe who asked that memorials are preferred to Helping Hands, Holdingford or All Saints' Catholic Church, Holdingford.**

**Thank you to Leo and Doris Wentland who remember Helping Hands Outreach in their will and named Helping Hands Outreach as a beneficiary.**

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

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### *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."*



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