



Vol. 20 No. 4

July-Aug 2021

Upcoming Events

Feet First Clinic

Please note changes. You will need to call **320-746-9960** to make an appointment.

Holdingford City Hall

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

Please Call for an appointment

St. Stephen Hall

1st Wednesday of the even months. 2:00-3:00 pm.

Please Call for an appointment

Upsala Community Center

2nd Monday of the even months 9:00 am to Noon

Call Mary at **320-573-4435** for appt. in Upsala

Exercise Classes

Holdingford City Hall:

Tues/Thur 9:30-10:30 am



St. Stephen Church Hall

SAIL (Staying active and independent for life) Wed/Fri 9:00-10:00 am

Volunteers Needed

As our monthly lunch & learns start back up in August, we are looking for some volunteers who would like to help with cooking or serving a meal to our seniors. These are held in Holdingford the third Thursday and in St. Stephen the fourth Thursdays of each month. Please call Karen or Stacie with questions at 320-746-9960

In Person Senior Dining to start back up July 6th & 7th

Tuesdays in Holdingford at City Hall at noon followed by cards for those wishing to play. Cost is \$5.00 per meal

Wednesdays in St. Stephen at Trobec's Bar at noon followed by cards.

Cost is \$6.00 per meal (please note the price change) The St. Stephen meal will be held at Trobec's Bar for July, Aug., and Sept. and then at Rusty Nail during Oct., Nov., Dec.



Monthly Lunch & Learns will start up in August!

Holdingford will be 3rd Thursday of the month at Holdingford American Legion

St. Stephen will be 4th Thursday of the month at St. Stephen Church Hall, Both will start at 11:30 with Social, 12:00 meal, 12:30 Speaker, 1:00 entertainment.

Our office will be closed on Monday July 5th!



This year has been both challenging and full of opportunities, and we would like to give you an update on our activities. Through the continued support of our communities, Helping Hands has been able to reach out in a variety of ways to serve our area senior citizens and adults with disabilities.



Carol Lundquist
Executive Director

Early in 2021, one of our significant undertakings was to collaborate with Stearns County Public Health to schedule Covid-19 vaccines for seniors who wanted to be vaccinated but who were unable to get appointments. Helping Hands staff called over 400 clients to determine who wanted to receive the vaccine, and we scheduled over 200 people, providing transportation for those who needed it. Despite the

pandemic, during this past year we have continued to provide meals and rides for errands and for medical and other appointments, as well as helping with housekeeping services. Helping Hands staff also assisted in finding resources and arranging referrals and in keeping people connected through home visits and phone calls. Though group activities had been put on hold, exercise classes have now resumed in both Holdingford and Saint Stephen. In July we plan to resume our weekly meals in person followed by playing 500. Our office in Holdingford will be open for activities, to use the NuStep, or to just have a cup of coffee and a chat. Stop and see all we have to offer during Holdingford Daze - July 9th & 10th. We will be having a bake sale inside, and we also offer a cool place to sit, relax, and re-hydrate.

All the services Helping Hands Outreach provides are made possible in part because of your support. With this in mind, Helping Hands will again be participating in Give65. **As in previous years, all donations received in the office by July 12th are eligible to be submitted for the matching grant dollars. Our goal this year is to raise \$20,000 plus \$5,000 in matching funds for a total of \$25,000. To help achieve this goal, please go to www.give65.org, click on the "Donate" tab, write 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 "Give65" on the check memo.** The Give65 initiative extends from July 13-16th, but submitting donations early gives us a better chance of earning the maximum matching funds. Donations are tax deductible and much appreciated any time of year.

Whether you support us year-round or annually, your help is important and appreciated. Your donations are used locally to help your neighbors; this makes our communities places where seniors can live and contribute. The reality is that when we achieve this, everyone benefits.

8 am July 13th—1 am July 16th

Give aging adults *hope*
in our community.



Support us online at
Give65.org

Holdingford Daze is July 9th and 10th

Helping Hands Outreach Bake Sale Fundraiser



Come see us at the Helping Hands office on Friday July 9th 4-8 pm
and Sat. July 10th 11:30-3:00

Coffee Cakes and other baked goods will be available to purchase.

We will **kindly accept** any baked goods you would like to donate for our bake sale.

We are also in need of volunteers to help out with the bake sale, and Bingo. Please call our office to sign up 320-746-9960. We appreciate any help you can give in making our fundraiser a success!

Seniors we have a cool place for you to come in and get a refreshment if you want to take a break from the heat.





SHIFTING GEARS FOR
25 YEARS!

1996-2021
ST. JOSEPH, MN

When you ship with Brenny, you help us help your community!

Welcome HOME to Brenny

**Your TRUCKING career
starts HERE!**

320.363.6999

www.brennytransportation.com

Scegura Insurance

Farm • Crop • Auto • Cycle • RV • Home

Renters • Business • Disability • Life

Health • Medicare Supplements

Call Us 746-2582

 **GRINNELL**
MUTUAL

Welcome to the



Most have heard of this phrase... It is those hot sultry days between July 3rd and August 11th and usually described as being the most oppressive period of summer.



Lorene DeFord
Health and
Wellness
Coordinator

Trying To Make Things More Bearable, Here Are 6 Creative Ways To Keep Your Cool!

1. Cool your pulse points by running cold water or ice cubes over your wrists for a few minutes.
2. Place a cold cloth or cold pack on the back of your neck and leave it there for at least 5 minutes.
3. Eat small meals rather than large ones as digestion raises the body's core temperature.
4. Cool off your bed at night by using a freezing bottled water. Use it to cool your ankles and the back of your knees.
5. Don't turn on the oven! Cook outside using the grill, or use your microwave, or serve something cold.
6. Use overhead (ceiling) fans if you have them. For floor fans, place a bowl of ice or a frozen water jug behind the fan. The air will be cool. You may also want to place a fan on the hot side of a room and have the air blow out, basically allowing the fan to pull the heated air out of the room.

Please check out our upcoming class of **Tai Ji Quan** to start Sept 8 at St. Stephen Parish Hall. Wednesdays and Fridays from 9:30 – 10:30. You can register by calling us at Helping Hands Outreach or register directly on the Juniper website.



<https://yourjuniper.org>

We are looking for one or two volunteers that may be interested in delivering about 5 meals on Wednesdays 12:00 noon to seniors in the St. Stephen area.

Please call our office and speak with Karen or Stacie for more info.

Fun Times Celebrating Cinco Do Mayo

Picture below taken at our Tuesday lunch in Holdingford in May.

In the upcoming months we will be having a fun themed lunch thrown in, it will be a surprise as to which Tuesday it may be, so keep your eyes open to see what kind of crazy things may happen.

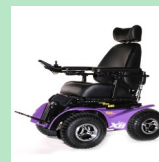


Equipment exchange

If you are looking for a certain piece of equipment, like an electric wheel chair, or lift recliner; or are looking to donate one please let us know.

We do not have the space to accept these items in our office, but are more than happy to pass your number on to someone in need or someone who may be donating an item.

Helping Hands



Our wish list

Gallon Ziploc bags
Seasonal decorative treat bags
Postage stamps

We will gladly accept baked good items for our bake sale on July 9th and 10th during Holdingford Daze, items can be dropped off at our office anytime on that Friday.



We welcome any extra garden produce you may have to distribute to our seniors.



Are you in need of some help?

- Rides to appts/ shopping/errands
- Light housekeeping
- Friendly visits
- 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



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!

Household chores

washing floors, windows,
home maintenance

Respite to caregivers

giving caregivers a break

Volunteer Drivers

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



In-Kind Contributions

Albany Home Bakery

Avon Food Shelf

Sue Katzner

Michael Trettel

Denise Holstad

Elaine Majerus

Alice Skwira

Isabella Lane

Ralph Harlander

Linda Legatt

Elmer Maciejewski

Virginia Marushin

Ralph Harlander

Barb Omann

Nellie Richter

Traut Companies

LaDonna Butenhoff

Ralph & Mary Stich

Dakota Supan

Thank you!

Wishing you

A wonderful

Fun filled

Summer!



Drop off your Teals Market receipts! We continue to accept and benefit from your Teals Market receipts. In 2020 we have received \$800.00. To date in 2021 we have received \$350.00. 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.



Donations

Avon Coffin Works
 Hasso Briese Am Legion Rice #473
 Bertha Herdering
 Our Saviors Lutheran Church Albany
 Jodi Wohletz
 Gerald & Kathy Waletzko
 JoAnne Christensen
 Loren & Jo Ann Philippi
 Brandon & Christine Knettel
 Bernice Eiden
 Alice Skwira
 Shirley Clear
 Marlene Scepaniak
 Dan & Joyce Hess
 Mildred May
 Marilyn Yurczyk
 Marcella Warzecha
 Linda Legatt
 St. Wendel Sportsman Club
 Mathew & Karen Legatt
 Patricia Caspers
 Ambrose & Bertha Herdering
 Jorine Dennis
 Margaret Larson
 Mary Lee Vouk
 Holdingford Food Shelf



**Helping Hands Outreach
Board Members:**

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

Monthly Supporters:

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

Donations in Memory of

Allan Warzecha Family in memory of Donna Mae Warzecha
 Larry Klimmek in memory of Reuben & Clara Klimmek
 Marcy Schmidt in memory of Roger Schmidt
 Tim & Stacie Supan in memory of Edwin & Delores Traut
 Jeanette Posch in memory of Kathy Ruprecht
 Jim & Kelly Beniek in memory of Arlene Beniek
 Arlyn & Marcia Lawrenz in memory of Clarence Fowler
 Idella Schneider in memory of Clarence Fowler
 Daniel Brueggemann in memory of Beverly Schuler
 Karen Larson in memory of Sharon Westrom

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."



**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

**BBB
MEMBER**

doug@wehaulforyou.com

DOUG LEGATT 320-250-2855

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*

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

