



Vol. 20 No. 5

Sept-Oct 2021

Thank you to all who supported us in Give65. The total local donations were \$16,555 plus \$5,500 matching funds from the Home Instead Foundation!!!



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Helping Hands Outreach • 531 Main Street • PO Box 293 • Holdingford MN 56340

Thank you to all who supported us in Give65. The total local donations were \$16,555 plus \$5,500 matching funds from the Home Instead Foundation!!!

Cathy Adolph in memory of Rodney Adolph ♥ Roger & Joann Benkowski in memory of Roger's parents & JoAnn's parents ♥ Bryan & Joan Berg in memory of Rita & Jerry Fasen ♥ Delores Bialka in memory of LeRoy & David Bialka ♥ Adam & Rachel Blenker in memory of Andrew Blenker ♥ Corrine Blenker in memory of Ralph Blenker ♥ Brenny Transportation in memory of Claude & Loretta Dullinger ♥ Dale & Kathy Bruns in memory of Clarey Fowler ♥ Rick & Barb Calgaro in memory of Otto, Agnes & Otto Jr Jendro ♥ Robert or Anna Cremers in memory of Gertie Cremers ♥ Carol J Cropper in memory of David Cropper ♥ Betty Czech in memory of Ervin Czech ♥ Leroy & Joan Dobis in memory of deceased Parents ♥ Jerome & Kathleen Ebnet in memory of Johannes & Ebnet Descendants ♥ Doris A Elfering in memory of Hildegard Ricker ♥ Ramona E Fedor in memory of my deceased husband, Lloyd Fedor ♥ Vera Forner in memory of Bill Forner ♥ Leone Fowler in memory of Clarence Fowler ♥ Dewey & Mona Hanauer in memory of Debbie Hanauer & Joyce Deitschmann ♥ Bill & Joann Hedeem in memory of Tim Casey & Cliff Hedeem ♥ Florence Heim in memory of Clarence Heim ♥ David & Darlene Huls in memory of Parents ♥ Dolores A Huls in memory of Math, Mike & Jerry Huls ♥ Kevin & Pam Johannes in memory of Irene Collin ♥ Gary & Jean Kierzek in memory of Rose Mergen ♥ George & Donna Kierzek in memory of Amber Zapzalka ♥ Larry Klimmek in memory of Clara & Reuben Klimmek ♥ Janet Mae Klug in memory of Elmer Tom Kerestes ♥ Laverne Kobylinski in memory of Sylvester & Louise Kobylinski ♥ Hildegard Kociemba in memory of Alois Kociemba ♥ Rich & Diane Koehn in memory of our grandson Joshua ♥ Ron & Shirley Konsor "In Thanksgiving" ♥ Darlene Kostreba in memory of Henry Kostreba ♥ Ray & Cathy Kostreba in memory of Cushing & Kostreba Families ♥ Rosie J Krebs in memory of Howard Krebs ♥ Patrick & Ann Kuklok in memory of Alex & Cele Kuklok ♥ Donald Litchy in memory of Beverly Litchy ♥ Patrick & Ann Maciej in memory of Mike & Cecelia Fussy ♥ Alice Maine in memory of Robert Maine ♥ Christine Maleska in memory of Sandy Salzer ♥ Terry & Christine Morgel in memory of Roman & Tina Morgel ♥ Donna M Nentl in memory of Melvin & John Nentl ♥ Kathy O'Hara in memory of Marty O'Hara ♥ Jerry & Elaine Omann in memory of Sylvester Majeski & Diane Omann ♥ Peter & Barbara Omann in memory of Ben & Olivia Omann and Marvin & Marcy Traut ♥ Claude & Susan Opatz in memory of Randy Opatz ♥ Loretta Panek in memory of Mike & Victoria Panek ♥ Odilia Panek in memory of my sisters Helen & Pat, & my brothers Alfred & Alois ♥ Jean Peleske in memory of Craig & William Peleske ♥ Pelican Lake Ballroom-Ron & Pat Schmainda in memory of Our Helens ♥ Tim & Lisa Peterson in memory of Richard & Betty Fleck ♥ Loren & Jo Ann Philippi in memory of the Ben Warzecka family, living & deceased ♥ Jerry & Joan Pilarski in memory of Lee & Louise Bieniek & Arlene & Marlene Bieniek ♥ State Farm - Dina Pierskalla Agency in memory of Ray & Carol Harbeck ♥ Ray & Cindy Pilarski in memory of Richard & Tilla Asseln ♥ Robert Pilarski in memory of Clarence, Stella & Tony Pilarski ♥ Robert & Donna Pueringer in memory of John & Lorraine Jarnot, Frank & Marie Pueringer ♥ Gary & Joan Rademacher in memory of David Breth ♥ Phyllis Rakotz in memory of deceased family members ♥ LaDonna F Reisdorf in memory of All my deceased relatives ♥ RNG Trucking LLC (Robert Gray) in memory of Clem Jonas ♥ Jerome & Lois Rothstein in memory of Marlin Faber ♥ Emily Rudnicki in memory of Stanley Rudnicki ♥ Arlene Sauer in memory of Philip F Sauer ♥ Marlene Scepianiak in memory of Jim & Timothy Scepianiak ♥ Everett Scherping in memory of Beverly Scherping ♥ Marian Schlichting in memory of Roger Schlichting ♥ Mary Jane Schmit in memory of Marie & Alfred Schmit & Ron Schmit ♥ Leon Schmitz in memory of Gilbert & Marie Schmitz ♥ Delores Schneider in memory of Edmund & David Schneider ♥ Faith Schuneman in memory of Deceased of Clarence Schuneman family ♥ Eugene & Karen Skaj in memory of Sylvester & Ann Oldakowski & Eric Wochnick ♥ Glen & Karen Solarz in memory of Ted Solarz ♥ Lois Solinger in memory of Andrew Solinger ♥ Joyce Sowada in memory of Edsel Sowada ♥ Carol & Chuck Spychala in memory of Diane Skroch Omann ♥ Mary Stangler in memory of Robert Stangler ♥ Philomene Stegura in memory of Joseph Stegura & Kathy Ruprecht ♥ Tom & Jeanette Stodolka in memory of Nick Stodolka ♥ Joseph & Jane Traut in memory of Clarence & Cyrilla Skroch ♥ Lorraine Traut in memory of Sally & Barney Warzecka ♥ Regina E Trettel in memory of Eddie Trettel ♥ Craig & Rosanne Voss in memory of Clarence Jarnot & Florence Voss ♥ Donna Vouk in memory of Donald Vouk ♥ BettyLou Warga in memory of Donald Warga ♥ Ed Westrom in memory of Sharron Westrom ♥ Kathy Wohletz in memory of Roger Wohletz ♥ Steve Woidylla in memory of Edward Woidylla ♥ Bernard & Marge Wunderlich in memory of Wunderlich's Family ♥ Linus & Marilyn Yurczyk in memory of Norbert & Dennis Yurczyk ♥ Sharon Yurczyk in memory of Dennis Yurczyk ♥ Pat Raeker in memory of Eugene & Glorine Raeker ♥ From her friends in memory of Sharron Westrom



Upcoming Events

Feet First Clinic

Please call to make an appointment
320-746-9960

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:

Tia Ji Quan will be starting on Sept 8th and
be held Wed/Fri 9:30-10:30 Please call
Lorene at Helping Hands to register.

Weekly Senior Meals

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 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

St. Stephen will be 3rd Thursday of
each month at St. Stephen Church
Hall, Dates are Sept 16, Oct 21, Nov
18 Dec 16th

Holdingford will be 4th Thursday of
each month at Holdingford American
Legion Dates are Sept 23, Oct 28, Dec
23rd. (No meal in November)

Both will start at 11:30 with social,
12:00 meal, Speaker at 12:30, and
entertainment to follow.

NEWS FROM TRI-CAP:

SNAP/food support-The United States Department of Agriculture (USDA) will increase SNAP/food benefits in October. Read the press release here: [USDA Modernizes the Thrifty Food Plan, Updates SNAP Benefits | USDA](#) For more information or how to apply for SNAP/food benefits, please contact Tri-CAP at 320-251-1612.

Energy Assistance-the Energy Assistance Program will stop taking applications for the program year 2020-2021 on 9/1/2021.

You must apply each year for this important utility benefit program.

For those of you who have applied this past year, you should automatically receive a partially pre-filled application sometime in September.

If you have moved, you may reach out to us for the new program year's application.

Please consider applying for this important program which can greatly reduce your energy bill.

For an application, please connect with us at 320-251-1612.

Outings

Thursday Sept 9th mystery lunch leaving HHO at 11:15 am. We will carpool, lunch cost is your responsibility.



Thursday Sept 30th join us for fall colors & unique shopping at Cherry Grove Market in Browerville leaving HHO at 12:30 pm
call to sign up for one of our outings to 320-746-9960



As we start getting into Fall...

Just a couple of announcements.

Tai Ji Quan class to be held in St. Stephen at the Parish Hall.
 The class will be at 9:30 – 10:30 am Wednesdays and Fridays starting Wednesday Sept 8th.



Lorene DeFord
 Health and Wellness Coordinator

Participants meet twice a week for 12-weeks. The class is incremental, building flexibility, strength and balance gradually from week to week.

How does Tai Ji Quan: Moving for Better Balance class reduce your risk for falls?

- Improves balance
- Improves postural control
- Teaches you how to react to a potential fall
- Trains muscles to respond in a fall situation
- Increases your confidence, reducing your risk



We are in the process of putting together **A Walk with Ease** class for those in and around our community. Please call 320-250-0585 for more information.

The **Walk with Ease** is a Arthritis Foundation's doctor recommended program that is proven to reduce pain while improving your overall health. The six-week program provides motivation and tips to safely make walking a part of your everyday life. If you can be on your feet for 10 minutes, this program is for you—even if you use a walker, cane or other aid.

Health Information and Flu vaccinations at our Monthly Lunch and Learn are being planned for Holdingford Oct. 28th and in St. Stephen Oct. 21st. If you wish to have the flu shot please call to RSVP for a spot prior to Sept 24th 320-746-9960.

Our wish list

Gallon Ziploc bags
Seasonal decorative treat bags
Postage stamps



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

Ways to support Helping Hands Outreach

Become a Volunteer (driver, respite, housekeeping, yard work, cook at our monthly meals, entertainment, fundraising) Find the fit that is right for you!

Donate; all funds stay local.

Save Teal receipts.

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!



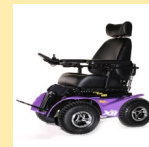
Ronald Scegura
Scegura Insurance Agency
39002 County Road 9
Avon, MN 56310
Tel. 320-746-2582

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



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



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Stacie Supan

Program and
Service Coordinator



Karen Skaj

St. Stephen
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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

Kitchen Help

The third Thurs. in St. Stephen, or fourth Thurs. in Holdingford for our monthly noon Lunch and Learn meals to prep, cook or serve. Great opportunity to volunteer with friends or a organization. You can sign up for one month, or as many as you would like.

Helping Hands and The Hat

Bernie won a new straw hat.
Helper pulled her name by chance.
Helping Hands luncheons are fun,
You can tell that at a glance.
So when there comes a Thursday
And you're bored up to your nose;
You need some entertainment,
Go where everybody goes!
There's bingo and some laughter.
There is for sure some good food.
Plus a bit of exercise
That will lighten up your mood.
So, come and be like Bernie.
Friends and neighbors will be there.
You just may learn something new.
From people who really care.
You will get more than you think.
Tho you may not win a hat.
Greetings, smiles and big hugs
Can't get any better than that.

Written by Jan Klug

NEWS FROM TRI-CAP:

Vehicle Repair– Tri-CAP is able to assist with safety repairs for income eligible (200% federal poverty guidelines) clients in Sherburne, Benton, and Stearns Counties. Tri-CAP works with partnered repair shops in the community to make clients vehicles safe.

Property Tax – Our agency has funding to assist in paying for upcoming or past due property tax payments for residents with the same income and geographical parameters as the vehicle repair program. Payments are made directly to the county on behalf of the approved client.

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 \$625.00. 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
 Avon Food Shelf
 Opatz Metals
 Jeanette Posch
 Jean Knese
 Leone Fowler
 Roseanne Feia
 Ruth Supan
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 Caregiver Support Coordinator
 Lorene DeFord
 Health & Wellness Coordinator
 Karen Skaj
 St. Stephen Service Coordinator
 Stacie Supan
 Program & Service Coordinator

Donations in Memory of

Karen Larsen in memory of Sharon Westrom
 Bernard Ronyak in memory of Jean Ronyak and Jude Ronyak
 Joseph & JoAnne Christensen in memory of Sharon Westrom
 Marlene Scepaniak in memory of Sharon Westrom
 Jeanette Posch in memory of Ernest Thompson

Helping Hands Outreach
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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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