



Vol. 20 No. 6

Nov-Dec 2021

Upcoming Events

Weekly Senior Meals Tuesdays in Holdingford

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

Wednesdays in St. Stephen
at **Rusty Nail** at noon followed by
cards. **Cost is \$6.00 per meal**

Monthly Lunch & Learns
St. Stephen will be 3rd Thursday of
each month at St. Stephen Church Hall,
Dates are Nov 18 and Dec 16th
Holdingford will be 4th Thursday of
each month at Holdingford American
Legion. There will be **no meal in**
November, join us on Thurs. Dec 23rd.
Both will start at 11:30 with social,
12:00 meal, Speaker at 12:30, and
entertainment to follow.

Feet First Clinic

Holdingford City Hall

1st Tuesday of the month start-
ing at 9:00 am to Noon

**Please call for an appt. 320-
746-9960**

St. Stephen Hall

1st Wednesday of the even
months.

2:00-3:00 pm.

**Please Call for an appt.
320-746-9960**

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:

Monday/Thursday 9:30-10:30 am

St. Stephen Church Hall: Tai Ji Quan
Wed/Fri 9:30-10:30 Please call Lorene
at Helping Hands to register.

FEELING
GRATITUDE
AND NOT
EXPRESSING IT
IS LIKE
**WRAPPING A
PRESENT**
AND NOT
GIVING IT.

~WILLIAM ARTHUR WARD~

Longfellow Ave

Board of Directors COVID Pandemic Update

The Board of Directors of Helping Hands Outreach has been monitoring information regarding the COVID pandemic closely since the beginning of this unprecedented time in history. We have been taking into consideration the information presented from many sources, including the Centers for Disease Control and Prevention (CDC), the Minnesota Department of Health (MDH), the personal views of society at large, and the individual beliefs of those we both serve and represent at a local level. After much consideration and out of care and respect for the safety of our clients, staff, and volunteers, it was necessary to establish a universal means of managing COVID within our organization. With this in mind, our staff and volunteers are asked to wear a mask when working at or for Helping Hands when clients are present. We will continue monitoring information regarding the pandemic, especially risks and recommendations that pertain to our area, and as information evolves, our policies and procedures will evolve as well. We will continue to provide services for our communities in the safest way possible. Please contact us with any questions you may have about our programs and services.



The past year and a half have brought many changes in all of our lives due to Covid-19. Every time we think life is really going to open up, case numbers in our area start to increase. Helping Hands Outreach has tried to keep the safety of our clients at the top of our priorities, changing our deliveries of service and finding new ways to connect with our older adults to let them know we care. We will continue to grow and change as the needs of the older adults we serve changes.



Carol Lundquist
Executive Director

We also are in the middle of some staffing changes. Stacie, Karen and Lorene have all resigned. They definitely are missed and each of them brought their talents and ideas to Helping Hands and have helped to shape our programs for the better! We are in the process of hiring at this time, but until our new staff is on-board and fully trained, Denise and I are holding down the fort. We appreciate all of our volunteers who have stepped up to assist us during this time of transition.

Helping Hands Outreach now in Rice

I am excited to announce Helping Hands Outreach is officially providing services to the Rice Community.

Over the years we have had calls for services from individuals living in Rice. We have had volunteers from the community serving our clients in the St Stephen area. And we have had regular donations from Rice businesses and organizations. The time is right to expand and provide our services to the area.

In the next couple months, I will be meeting with community members, organizations, churches, businesses, and city leaders to get the word out of what Helping Hands Outreach has to offer older adult and adults with disabilities living in the Rice community. At the same time recruiting volunteers and meet with those older adults that would most benefit from the services we offer.



Denise Leahy
Rice Coordinator
Caregiver Support



Simple Ways to Take Care of Yourself During the Holidays



1. Give yourself permission

Permission to take care of your personal needs, permission to decline certain events, permission not to feel pressured to host events, permission to not overspend.

2. Ask yourself what would help you enjoy the holidays most

What do you value most? What traditions are important versus those that just add stress?

3. Make a plan.

When you plan ahead of time what you will do and how much time and energy you will commit, you remain in control of your circumstances and less prone to anxiety and overwhelm.

4. Give yourself limits and boundaries.

It'll let you stay engaged, but will lessen the pressure you feel, and grant yourself permission to decline some things.

5. Schedule some personal time for yourself.

We are all refueled in different ways.

6. Pay attention to your senses.

When we intentionally attend to our senses, our experiences can be more rewarding.

7. Do something for others.

When we aren't focusing on our own misery and are willing to help others, it improves our mood.

8. Make a budget and stick to it.

One of the most stressful aspects of the holidays for many are the increased costs associated with gifts, meals, and other get togethers.

9. Plan ahead.

Don't let yourself get caught up in the pressures and demands of the holidays.

10. Try to stay as close as you can to your regular diet, exercise, sleep patterns and routine.

When you try to maintain your healthy habits even during the holidays, you'll experience fewer fluctuations in mood and energy and your body will thank you for it.

11. Limit expectations of yourself and others.

Limit expectations of yourself and others, and extend grace when expectations aren't met. Release yourself of the expectation of the perfect tree, perfect party, perfect table décor, perfect meal, and perfect gift otherwise you just set yourself up for failure.

12. Enlist support from others.

It's not only okay, but it is advised to let others know how you're doing so they can better understand.

13. Have something to look forward to in the future.

Part of the struggle with the holidays is that we expend so much energy leading up to them, and when they are over, many often experience a big sense of letdown. Make plans for something you will look forward to after the holidays are over, to minimize that

Program & Service Coordinator

20 hours / week

Job Duties

- Coordination of services for clients
- Recruit, train and manage volunteers
- Manage incoming mail and phone calls
- Maintain database and prepare reports
- Promotion of Helping Hands

Qualifications

- Detail orientated with strong Computer skills
- Familiarity with Microsoft Office
- Excellent phone skills

**WE'RE
HIRING!**

Client Support / Caregiver Consultant

20 hours / week

Job Duties

- Complete initial and yearly assessments of clients to determine supports needed
- Providing information and referrals to clients and their families
- One-on-one consultation with caregivers
- Coordination of exercise programs and evidence based classes
- Assisting other staff with community programming

Qualifications

- College Degree preferred
- Experience working with older adults and human services
- Detail orientated with strong computer skills

Check out our job listings on Indeed or call 746-9960 for information

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 for office

Seasonal decorative treat bags

Postage stamps

Post it notes

Copy paper

Toilet Paper

Scotch tape



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GIFTS OF CHEER

Once again, we will be collecting **New 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.

Please have items dropped off before December 8th

Below is a list of some ideas, we welcome other items as well.

- * Puzzles
- * Postage stamps
- * 4 pack toilet paper
- * 13 gallon garbage bags
- * Kleenex
- * Trail mix
- * Pump hand soaps
- * LED flashlights
- * Chapstick
- * Hand lotion
- * Paper napkins
- * Large post it notes
- * Individual servings of pudding / fruit cups
- * Meal certificates to Helping Hands
- * Laundry detergent pods / softener sheets
- * Local gift cards (gas / shopping / services / restaurants)
- * Large print books / word find / sudoku / adult coloring books / pencils / gel Pens
- * Individual packets of peanuts/nuts
- * Individual wrapped candies



Other ways to support us is by:

- Volunteering
- Saving your Teals receipts
- Designating Helping Hands Outreach as your charity on AmazonSmile
<https://smile.amazon.com/ch/01-0697213> and a portion of your purchases will be donated to us
- If you are a Thrivent Member, designate Helping Hands Outreach as your charity
- If you are a member of Central Minnesota Credit Union, you can make a donation with zero fees
- If paying by PayPal, give a \$1.00 to Helping Hands Outreach

When we call to ask if you are able to provide a ride - you are under no pressure to say yes to the ride assignment.

You can pick and choose the days, times, and destinations you want to volunteer for.

Our clients are needing rides to St Cloud, Albany, Melrose, Little Falls, and occasionally the Twin Cities.

Most of the rides are to medical or dental appointments. We also provide rides to a variety of stores, banks, libraries, hair appointments, church, laundromats, and social services.

**Call the office to start the
sign-up process.
746-9960**



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.



Donations in Memory of

Delores Voss in memory of Ruby, Kevin, and Vern Voss
 Elmer & Genevieve Maciejewski in memory of Bill & Mike Maciejewski
 Jodi & Gerald Knutson in memory of Curly & Kevin Stanoch
 Steve & Patty Voss in memory of Lincoln Voss, Florence Voss & Clarence Jarnot

Midwest Compliance in honor of Betty Warga

In-Kind Contributions

Albany Home Bakery
 Avon Food Shelf
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 Alfred, Angelo Trettel
 Kathy Kostreba
 Michael Trettel
 Anonymous
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 Lloyd & Dorine Rausch
 Ron & Irene Schmidt
 John & Lisa Schmidt
 Kathy Schueler
 Ben & Holly Torrens
 Leo & Sherri Eichers
 Don Stock



COOK NEEDED

Looking for someone to prepare the Tuesday noon meal in Holdingford..

20—40 people weekly

Well rounded meal including a main dish, vegetable, side, bread and dessert.

This is a paid position



Our Apologies if we fail to print your name in our Donor/Contributors/Supporters list. Please give us a call so that we can correct it in our next newsletter.

Helping Hands Outreach
PO Box 293
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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."

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