



Vol. 21 No. 1

Jan-Feb 2022

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 **Trobec's** 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 Jan 20th and Feb 17th.

Holdingford will be 4th Thursday of
each month at Holdingford American
Legion. Join us on Jan 27th and Feb
24th

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



Thank you to:

Holdingford Lions

Holdingford Lioness

For Providing the meal for
Lunch & Learn!

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 odd months
9:00 am to Noon

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

Our office will be closed

December 27th—31st.

**We will be answering phones
and checking our email, so
give us a call at 320-746-9960
if you need assistance during
this week.**

Thank you to all who supported Helping Hands during our Annual Appeal. We received the maximum in matching grant from the Home Instead Foundation/Give65 of \$5,500

♥ Louise Adolph ♥ Jeffery & Mary Ann Akervik ♥ David & Rita Auer ♥
 ♥ Kenneth & Helen Bechtold ♥ Kevin Behrend ♥ Leo Bieniek ♥ Chet & Rosie Blascziek ♥
 ♥ Brenny Transportation ♥ Dale & Kathy Bruns ♥ Brian & Tammy Butler ♥
 ♥ Marvin & Elizabeth Caspers ♥ Joe & JoAnne Christensen ♥ Mary Jayne Chuba ♥
 ♥ Cornerstone Insurance ♥ Myles & Lenore Dawson ♥ Herman & Bernice Ebnet ♥
 ♥ Steve & Kimberly Ebnet ♥ Donald & Sharon Evens ♥ Jacob & Carla Fowler ♥
 ♥ Gregory & Susan Frank ♥ Steven Gerads ♥ Ambrose & Kathleen Gertken ♥
 ♥ Greater Washington Community Foundation ♥ Donald & Annette Grebinoski ♥
 ♥ Linus Goebel ♥ Vernon & Maxine Goebel ♥ Mark & Deb Hall ♥ Frank Haynes ♥
 ♥ Andrew & Joann Heinen ♥ Donald Herzog ♥ Holdingford Lioness ♥ Holdingford Lions ♥
 ♥ Kenneth & Lois Heathcote ♥ Robert & Jane Heurung ♥ David & Darlene Huls ♥
 ♥ Laurence Huls ♥ Roger & Mickey Jeffers ♥ John & Katie Knettel ♥
 ♥ Robert & Alice Kobylinski ♥ James & Mary Koczur ♥ Ron & Shirley Konsor ♥
 ♥ Andy & Beverly Kostreba ♥ Dan & Beth Kowalczyk ♥ Patrick J Kroll ♥
 ♥ Jason & Patty Kubat ♥ Joseph & Marla Lahr ♥ Lee & Bernadett Larkey ♥
 ♥ Tom & Rita Larson ♥ Eugene & Irene Lashinski ♥ Clarence & Darlene Legatt ♥
 ♥ Dennis & Lois Legatt ♥ Doug Legatt ♥ Jerome Legatt ♥ Matthew & Karen Legatt ♥
 ♥ Evelyn Locnikar ♥ Tom Locnikar ♥ James & June Loscheider ♥ Angela Maidl ♥
 ♥ Gerald & Carole Mehr ♥ Rick & Bonnie Meier ♥ Dennis & Cynthia Meyer ♥
 ♥ Maurice & Linda Meyer ♥ Terry & Christine Morgel ♥ Alcuin & Dolores Notch ♥
 ♥ Mike & Ruth Odden ♥ Everett & Sandy Olson ♥ Corinne Omann ♥
 ♥ Claude & Susan Opatz ♥ Matthew & Lynn Palmersheim ♥ Muriel & Wayne Peterson ♥
 ♥ Robert Pilarski ♥ George & Doreen Platz ♥ Catherine Rehm ♥ Jim & Patricia Remus ♥
 ♥ Rinke Noonan, LTD ♥ Albert & Diane Rodenwald ♥ Emily Rudnicki ♥
 ♥ Joe & Donna Salzer ♥ Ervin Sauer ♥ Jeanette Scepaniak ♥ Douglas Schindler ♥
 ♥ Idella Schneider ♥ Robert & Joyce Sieben ♥ Mark Stai ♥ John & Delores Stang ♥
 ♥ St Joseph Women of Today ♥ Don & Jean Stock ♥ Duane & Julie Struzyk ♥
 ♥ Carol Tembreull ♥ Robert & Sharon Thell ♥ Nancy Thell ♥ Eric & Susan Tix ♥
 ♥ Tom & Nettie Trobec ♥ Diane Tuff ♥ Myron & Linda Vanderweyst ♥
 ♥ Jim & Sharon Volkers ♥ Steve & Lorri Vouk ♥ David & Sharlene Walberg ♥
 ♥ Betty Lou Warga ♥ Daniel & Beverly Warzecha ♥ Gerard & Marge Wentland ♥
 ♥ Louise Winkler ♥ Steve & Karen Wood ♥

Cathy Adolph In Memory of Rodney Adolph
 Raymond Barthel In Memory of Hilda Barthel
 Patricia Becker In Memory of Linda Pilarski
 Betty Czech In Memory of Ervin Czech
 Dean & Joann Binsfeld In Memory of Larry Kostreba & Mike Bischoff
 Leroy & Joan Dobis In Memory of deceased parents
 Robert & Johnita Dombrovski In Memory of Vi & Dan Dombrovski
 Robert & Johnita Dombrovski In Memory of Paul & Delores Kukok
 Ramona Fedor In Memory of Lloyd Fedor
 Vera Forner In Memory of Bill Forner

Laure Fuerstenberg In Memory of Leo Fuerstenberg & Nikki Nathe
 Robert Gray In Memory of Clem Jonas
 Art & Rene Harlander In Memory of Art Harlander Sr
 Betty Hartung In Memory of Alphonse Hartung
 Florence Heim In Memory of Clarence Heim family
 Charlotte Huls In Memory of Bernard & Toppy Huls
 Brian & Christine Jemming In Memory of Sister Maureen Blenkush
 George & Donna Kierzek In Memory of Parents of George & Donna Kierzek
 Laverne Kobylnski In Memory of Sylvester & Louise
 Bonnie Konsor In Memory of Gary Konsor
 Joe & Barb Lang In Memory of Elmer & Virginia Ehrlichmen
 Karen Larsen In Memory of In memory of Sharron Westrom
 Ken Lemke In Memory of Harvey & Marcy Lemke
 Lorraine Lentz In Memory of Frederick Lentz
 Patrick & Ann Maciej In Memory of Mike & Cecelia Fussy
 Mike & Virginia Marushin In Memory of Dorothy Meier
 Todd & Sheila Meehl In Memory of Deceased members of our families
 Donna Nentl In Memory of Melvin & John Nentl
 Carol Opatz In Memory of Ernest (Ernie) Opatz
 Caroline Opatz In Memory of Deceased members of Opatz & Mach families
 Kathy Pantzke In Memory of Jerry Pantzke
 John Pilarski In Memory of Linda Pilarski
 Ray & Cindy Pilarski In Memory of Clarence, Stella & Tony Pilarski
 Arnie Platz In Memory of Chris Platz
 Rick & Sharon Pogatschnik In Memory of deceased members of Ertl & Pogatschnik families
 Jeanette Posch In Memory of Al Posch and Posch family
 LaDonna Reisdorf In Memory of George F Reisdorf
 Shawn & Ann Riesner In Memory of Mary Wenderski
 Jeff & Bonnie Rooney In Memory of of Clarence Jarnot & in honor of RoseMary Jarnot
 Scegura Insurance In Memory of James Czech
 Florentine Scepaniak In Memory of my brother, Melvin Bauer
 Everett Scherping In Memory of Beverly Scherping
 Rose Schindler In Memory of Jerome Schindler
 Marcy M Schmidt In Memory of Roger Schmidt
 Ernie & Lois Schmit In Memory of Deceased members of Bieniek & Schmit families
 Leon Schmitz In Memory of All who cared
 David Skaj In Memory of Aloys, Evelyn and Gary Skaj
 Darlene Skroch In Memory of Claude Skroch
 Dale & Melanie Sobania In Memory of Norbert & Jeanette Sobania
 Glen & Karen Solarz In Memory of Ted Solarz
 Lois Ann Solinger In Memory of Andrew Solinger
 St Columbkille Christian Women In Memory of Living and Deceased members
 Robert & Karen St Marie In Memory of Helping Hands Thoughtfulness
 Tom & Jeanette Stodolka In Memory of Nick Stodolka
 Marvin Stoermann In Memory of Robert Stoermann
 Arnold B Stueve In Memory of my wife, Dorene
 Anna Mae Trobec In Memory of Roger Trobec

Continued
on the next
page⇒

Gerald & Jeanette Trobec In Memory of Jeff
 Arnold & Carol Voss In Memory of Wallace & Eleanor Jacobson
 Delores Voss In Memory of Vern, Kevin & Ruby Voss
 Donna Vouk In Memory of Donald Vouk

Bruce & Cheryl Warga In Memory of Raymond & Delores Warga & Joyce Krivanek

Allan Warzecha In Memory of Donna Warzecha

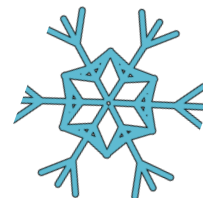
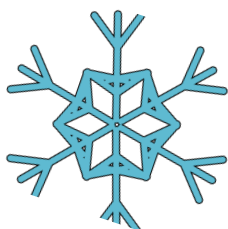
Samuel & Amanda Welle In Memory of Amber Zapzalka

Ed Westrom In Memory of Sharron Westrom

Jeanette Woidyla In Memory of Alphonse Woidyla

Linus & Marilyn Yurczyk In Memory of Norbert & Dennis Yurczyk

Sharon Yurczyk In Memory of Dennis Yurczyk



Holdingford Lions Community Appreciation Breakfast



Sunday, January 16th

9:00 AM—Noon

Holdingford City Hall

Drive through pickup

Meal Delivery Drivers Needed Tuesdays

To deliver 4-7 meals for Holdingford's Tuesday lunch

- ♦ Pickup time between 11:45—Noon
- ♦ 3 deliveries in Holdingford, 1 in Bowlus, 1 2 miles south on 9, 1 North of Holdingford on 9
- ♦ We are looking for more than 1 driver so we can split up the route and so no one has to drive every week

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Ask these questions when you get a new prescription



When you receive a new prescription, it's important to understand when to take it and how it will interact with your other medications, but sometimes it's hard to know what questions to ask. Here are 8 questions to ask when you get a new prescription, so you are equipped with the information you need!

1. What is the name of the medication and what does it do?
2. How and when do I take it - and for how long?
3. What food, drinks, other medications or activities should I avoid while taking this medication?
4. Are there any side effects, and what should I do if they occur?
5. Will this new prescription work safely with the other prescription and non-prescription medicines I'm taking?
6. Is there any written information available on this medication?
7. What should I do if I miss a dose?
8. What is the best way to store this medication?

HAPPY ★ NEW YEAR

We get donations of depends occasionally, so if you use them, please let us know!

Thank you to all Santa's Elves who donated to our Santa Bags:

Maria Wentland, Mike Trettle, Carol Tembrull, Marvel Brown, Carla Fowler, Ervin Buzekers, Ron & Mary Ritter, Richard & Carol Schmidt, Kathy Ebnet, Mary Stiche, Stearns County Golden Horseshoe 4-H club, Patty Becker for her mom, Lonnie & Amanda Thompson, Lewis & Sammi Becker, Evelyn Martini, Roselyn Feia, Randy Hietzman, My Salon, Lenore Dawson, Judy Boulton, Barb Omann, Victor, Mary Stahlberger, Virginia Trettle, Carlana Johnson, Molly Schnell, Roger Justin, Rod Harren, Joe & JoAnne Christensen, Sue Marstein, and many anonymous donations. Due to all of your generosity, we were able to give over 150 seniors some Christmas Cheer! If I missed you, I

apologize.



MERRY CHRISTMAS

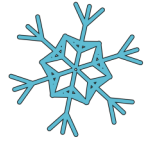


Drop off your Teals Market receipts! We continue to accept and benefit from your Teals Market receipts. In 2020 we have received \$800.00. To date in 2021 we have received \$625.00. Please save them and drop them off at our office. Thank you to Teals Market for your donation and to Linda Harren for coordinating this program.



Donations in Memory of

Jeanette Woidyla in memory of Alphonse Woidyla
 Becker & Thompson Families in memory of Linda Pilarski
 Allen Warzecha family in memory of Donna Warzecha
 Phylis Breth in memory of her mom, Sally Kukok
 Thomas & Kaia Ploof in memory of Linda Pilarski
 Doug Marstein family and Millie May in memory of Linda Pilarski
 Bob & Johnita Dombrovski in memory of Ed Kantor
 Nancy Kantor in memory of Ed Kantor
 Patricia Becker in memory of my sister, Linda Pilarski
 Friends in memory of Ed Kantor
 Dayna White, Erin Portner & Laura Arndt in memory of Linda Pilarski
 Brenda Weber & Pam Sitzman in memory of Linda Pilarski



Donations

Steve & Lola Blattner
 Melrose-Sauk Center Deanery
 Ralph & Mary Stich
 St Stephen Storage

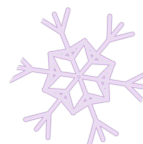
Thank you!



**Carol Lundquist, Cheryl Scapanski, &
 Denise Leahy
 \$15,000 Grant from
 Benton Telecommunications
 Foundation**

Monthly Supporters:

Avon Coffin Works
 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



Thank you to

**St Stephen Catholic Church
 Holdingford Legion**

**For allowing us to use their
 space for our
 programming**

Support provided by a grant from the Brown Family Fund in memory of Fred & Grace Brown, a component fund of the Greater Washington Community Foundation.

**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
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Helping Hands Outreach

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