

Vol. 21 No. 3

May—June 2022

Upcoming Events

Weekly Meals

Tuesdays in Holdingford

Noon at City Hall followed by social hour. Cost is \$5.00 per meal

Wednesdays in St. Stephen

Noon at the **Rusty Nail** through June, followed by 500. Cost is \$6.00 per meal



Monthly Lunch & Learns

St. Stephen - 3rd Thursday of the

month at St. Stephen Church Hall

May 19th and June 16th

Holdingford - 4th Thursday of each

month at Holdingford American Legion

May 26th & June 23rd

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

May Speaker

Learn about the Community Cardiac Restart Lifesaving AED—how they work, what to do in case of emergency, & where they are located in our area



Feet First Clinic

Holdingford City Hall

1st Tuesday of the month starting at 9:00 am to Noon



St. Stephen

3rd Thursday of the even months

10:00 am—Noon



Call Helping Hands for an Appointment

320-746-9960



Upsala Community Center

2nd Monday of the odd months

9:00 am to Noon

Call Mary at **320-573-4435** for an appointment in Upsala

**Our office will be closed on
Memorial Day
Monday, May 30th**



Exercise Classes

Holdingford City Hall



Monday & Thursday 9:30-10:30 am

Holdingford Cares Day & Citywide Clean-up Saturday, May 7th 9am—noon

The Holdingford Lioness Club is combining efforts with the City of Holdingford to sponsor the 6th Annual Holdingford Cares Day. This is a morning of bringing the community together to spruce up our town for spring!

The Holdingford Lioness Club will be serving lunch at the City Center for volunteers.

If you need volunteers to rake your lawn, clean up your garden or flowerbeds, need windows washed or any other outside tasks, please call us at Helping Hands 746-9960 to sign up.

Please consider volunteering and serving your community this spring!



Meals on Wheels are available in Holdingford and the surrounding areas
For information about Meals on Wheels please contact:

Edna at 320-845-4070
Catholic Charities Senior Dining in Albany



We have 3 free amplified telephones available at the office. Give us a call at 746-9960 if you'd like one.



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Helping Hands to Partner with Whitney Senior Center

We have the unique opportunity to partner with Whitney Senior Center to offer their virtual, on-line programming here at our office. Some of the programming that we will be able to stream and participate in include concerts, a book club, travel talkin', fitness classes, wellness workshops, fun with essays and short stories, TED Circle Discussions and other special events. Our hope is that people will join together to participate in these activities. To see a full schedule of activities, visit

<https://www.ci.stcloud.mn.us/1768/Whitney-Time-Magazine>

Listed Below are some of the regularly scheduled activities. Please note that some of the exercise classes are at the same time as our weekly group exercise class. These classes are not to replace our exercise classes with Shirley, but rather to supplement them.

VIRTUAL FITNESS CLASS SCHEDULE				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sr Yoga 10-10:45 Boom Muscle 11-11:30 Gigong Noon-1 Gentle Pilates 1:30-2:30	Yoga 9:30-10:30 EnhanceFitness 11-Noon	Sr Yoga 10-10:45 Gigong Noon-1	Boom Muscle 9-9:30 Sr Yoga 10-10:45 Yoga 11:30-12:30 Gentle Pilates 1:30-2:30	EnhanceFitness 11-Noon

Special Events in May

- Monday, May 2nd 10:30-11:30 *Concert by the Fun Singers*
- Wednesday, May 4th 1-3 *Concert by the Whitney Jammers*
- Thursday, May 5th 10-11 *Living & Laughing as We Age by author & comedian Brenda Elsanger*
- Monday, May 9th 1-2 *Health Care Directives*
- Thursday, May 12th 2-3 *Concert by Quartet from the St Cloud Symphony Orchestra*
- Tuesday, May 17th 3—4 *Classic Country Concert with Vic & Ron*
- Thursday, May 19th 10-11 *Bounceback Project*
- Thursday, May 19th 1-2 *Silver Sluggards Concert*
- Thursday, May 26th 9:30-11 *Managing Stress is a Critical Skill for Caregivers*
- Friday, May 27th 10-11 *Travel Talkin' to France*

We also would like to set up times for other activities at our office such as 500, cribbage, BYOY (Bring Your Own Yarn or craft), etc.

If you have interest in any of these things or another group, let us know so we can schedule a regular time for it.

Volunteer Opportunities

- Pick up NAPS boxes 1st Monday of the month
Pick up boxes at the Avon Food Shelf at 1 pm, deliver to Helping Hands office
- Meal Delivery Drivers
Consider volunteering one Tuesday a month!
Deliver 4-7 meals for Holdingford's Tuesday lunch. Pickup time between 11:45—Noon
- Lunch & Learn—Help with meal prep
- Write thank you notes and send cards
- Computer Data Entry in office
- Assist with teaching an Evidence Based Health Promotions Class
Training is provided
- Sewers needed to help make Meal delivery bags and table runners for our Lunch & Learns—supplies are provided
- Helping to scheduling educational speakers at the monthly Lunch & Learn in Holdingford & St Stephen
- Drive clients to medical appointments



Call us at 746-9960 for more information!

Ways to support Helping Hands

- *Teals Receipts * In-kind donations * Volunteer your time*
- *Cash donations*
- * dropped off at the office or mailed to PO Box 293 Holdingford*
- * through our website www.holdingfordhelpinghands.org*
- * automatic recurring payment through your bank's bill pay service*
- *Designate Helping Hands from your Thrivent Financial account*
- *Designate Helping Hands Outreach on Amazon Smile*
- *IRA Qualified Charitable Distribution*

HEALTH AND WELLNESS TIPS

The Human body is designed for movement. As we age there is a tendency for us to move less and less, sometimes for good reason. But there is much evidence that regular exercise at any age, at any level of exertion has many benefits for our body and health.

Exercising regularly is associated with a significant reduction in the risk of falling, and significant injuries if one does fall. Falling is the leading cause of both fatal and non-fatal injuries in Americans aged 65 and older. Even consistent light exercise has been shown to help prevent heart disease and diabetes. It also improves overall immune function which allows one to better fight off colds, influenza and other infectious diseases.

A commonly overlooked benefit of exercise is that it plays a significant role in improving mental health. When we exercise our brain produces endorphins, often referred to as the feel-good hormone. This hormone reduces stress and leaves one feeling happy and satisfied. Regular exercise improves sleep and has been shown to improve our cognitive – thinking functions. Studies suggest there is a lower risk of dementia among those who exercise regularly.

Helping Hands offers exercise programs that have proven positive results. In future newsletters we will discuss options for exercise that are for all ages at all levels of ability.



Take Charge Tip

**Help your brain and memory
by learning something new**

It can be a little scary to go outside our comfort zones and try something at first. However, research has found that learning something new is one of the best things you can do for your brain and memory.

In fact, the more challenging the new activity, the higher the memory test score. Why is this? Learning a new activity strengthens connections in your brain. So don't be afraid to try something new!

Here are some ideas for new things to try.

- Photography and digital editing
- Quilting
- Tai Ji
- Woodworking

Source: National Institute of Health

Did you know?

Participants who spent on average 16.5 hours a week on learning a new activity tested up to 29% higher on memory tests.



News from Tri-CAP:

SNAP/food support-Tri-CAP has a team of trained SNAP Outreach providers who can assist with the SNAP eligibility, application, or recertification process. We can assist with the application over the phone and submit with a verbal signature due to a COVID-19 waiver provision.

Rebuilding Lives- currently seeking referrals for our pre-employment program designed to assist homemakers who have lost income due to divorce, separation, desertion, disability or death of a spouse or loss of public assistance. If you are looking for employment and training opportunities to increase household income after a loss of income, please connect with us today!

Energy Assistance-the Energy Assistance Program will stop taking applications for the program year 2021-2022 on May 31, 2022. Income eligibility and awards have increased this year. Please consider applying for this important program which can greatly reduce your energy bills.

Vehicle Donation – Tri-CAP accepts donated vehicles! These vehicles are assessed for safety at our partner repair shops in the community and then sold around \$100-\$900 to income eligible clients in our three- county service area. We accept vehicles in almost any condition, and we can tow a vehicle if needed. Proceeds from the vehicle sales go back into fixing future vehicle donations and supporting the program operations.

If you are interested in any of the programs listed above, please call us at 320-251-1612.

Senior Traffic Safety Ed

Refresher Class

May 7th
8:00 am—noon
Bowlus

Register at www.STSE.biz



Helping Hands Outreach Board Members:

Peter Omann
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Joe Christensen
Vice Chair
Shelly Harren
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Treasurer
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Sue Marstein
Jerry Mehr
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Judy Boulton
Lenore Dawson

Staff:

Carol Lundquist,
Executive Director
Denise Leahy
Caregiver Support Coordinator
Rice Coordinator

Drop off your Teals Market receipts! We continue to accept and benefit from your Teals Market receipts. In 2022 we have received **\$407.86.**



In total we have received \$5020.40

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

Idella Schneider in memory of Janet Fruth & Ed Waletzko
 Iris & Pat Smoley in memory of Dennis Smoley & Jean Smoley
 Craig & Roseanne Voss in memory of Rosemary Jarnot
 Idella Schneider in memory of Bernice Blaske
 Remedios & Manuel Apostol in memory of Rosemary Jarnot
 Cheryl & Michael Schaaf in memory of Rosemary Jarnot
 David & Karla Fox in memory of Rosemary Jarnot
 Patrick & Cheryl Rioux in memory of Rosemary Jarnot
 Karen Volinkaty in memory of my mom, Donna Warzecha
 Darlene Salitros in memory of Herbert Salitros
 Imelda Sand & Family in memory of Maynard Sand

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Our wish list

Hand Soap
 8 or 12 oz Plastic Cups
 Coffee
 Postage stamps
 Scotch tape Refills
 Bingo Prizes

**Thank you to the Stearns Electric Round Up Fund
 for their grant of \$1,000 to help support our
 meal programs**

**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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