



Vol. 25 No. 4
July-August 2025

Summer Appeal

I write with a grateful and humble heart to request your financial support once again. This community has stepped up year after year. Your financial support, participation in our events, and volunteers coming forward have made Helping Hands Outreach an admirable organization. We am truly honored to be a part of it. **THANK YOU!**

We included a donation envelope in this newsletter. Please mail it back or drop it off. Better yet stop in during Holdingford Daze we would love to see you. Friday July 11th 4:00pm - 7:00pm and Saturday July 12th 11:30am -3:00pm

The vision of Helping Hands Outreach is to create a community of support where older adults and their family caregivers feel valued and cared for while knowing the joy of aging in place, in a community where their needs are addressed, hopes encouraged, contributions recognized, and lives celebrated.

Holdingford Daze July 11th & 12th!!

Helping Hands Outreach Bake Sale Fundraiser

Friday July 11th 4:00pm -7:00pm

Saturday July 12th 11:30am -3:00pm

BINGO AT THE LEGION SATURDAY 1:00-3:00

New Coffee Cake Price \$18.00



Poppy Seed
Apple Cream Cheese
Raspberry Cream Cheese
Apricot Cream Cheese

Any donation for the bake sale can be dropped off before 2:00 on Friday July 11th

Helping Hands Outreach



Holdingford Daze
MARGARITAVILLE
July 11th & 12th, 2025

<p>4 pm Helping Hands Craft & Bake Sale</p> <p>4-8 pm Historical Society Museum Open</p> <p>5-8 pm Car Show - Main Street</p> <p>6 pm Mens Slowpitch Softball Tournament (Fri-Sat) Call Logan: 507-530-1237</p> <p>8 pm-12 am Live Music "Good Question" (Holdingford Muni)</p>	<p>FRIDAY - Starting at 4 PM</p> <p>CAR SHOW FRIDAY 5pm-8pm</p> <p>SATURDAY - Starting at 8 AM</p> <p>8 am -12 pm North Star Flyers Remote Control Airplane Club Open House (Watch for signs)</p> <p>8 am 5K Walk/Run (Pre-Registration Online)</p> <p>9 am Co-Ed Volleyball Tournament Call Jenna: 320-248-3177</p> <p>9 am Mens Slowpitch Softball Tournament (Fri-Sat) Call Logan: 507-530-1237</p> <p>10 am Tractor Blessing & Fun Run (9am Register at High School)</p> <p>11:30-3 pm Helping Hands Craft & Bake Sale</p> <p>12-6:30 pm Inflatables & Kids Games (Main Street)</p> <p>12-3 pm ATV/Lawnmower Tractor Pull (Next to Trail Head/Museum)</p> <p>12-4 pm Petting Zoo (Behind Miller-Carlin Funeral Home)</p> <p>12-4 pm Historical Society Museum Open</p> <p>1 pm Bean Bag Toss Tournament (Main Street) Text Mike: 320-267-8631</p> <p>1-3 pm Bingo at the Legion (Helping Hands)</p> <p>1-3 pm Live Music by Kolton Thompson (Art in Motion)</p> <p>2:30 pm Kids Pedal Tractor Pull (Main Street)</p> <p>3-5 pm Stearns County Sheriff - Hidden in Plain Sight Display (Main Street)</p> <p>4 pm Outdoor Mass (All Saints-St. Hedwigs Campus, Cedar Street)</p> <p>7 pm Grande Parade</p> <p>8:30-12:30 pm Street Dance "Stone Road"</p> <p>9:30 Firework Viewing, Free Bonfire & S'mores (Community Country Church)</p> <p>Dusk Fireworks</p>	<p>PARADE SATURDAY 7pm</p> <p>STREET DANCE SATURDAY 8:30PM</p> <p>FIREWORKS SATURDAY at Dusk</p>
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FOR THE MOST UP TO DATE SCHEDULE AND REGISTRATION FORMS VISIT: WWW.HOLDINGFORDDAZE.COM

REAL FREEDOM MEANS RESPONSIBILITY

WHILE LIBERTY AND FREEDOM HAVE A GUT-LEVEL "YEAH! I WANT MORE OF THAT!" KIND OF APPEAL, thoughtful citizens know that real freedom is not free. I believe that the idea of "freedom not being free" applies equally to the need for Americans to defend their rights, and the need to combine freedom and responsibility.

There are many examples of how "complete" freedom, without responsibility, is not good for individuals or society. Complete freedom would be drinking as much beer as you want then driving down the road at any speed you want. Complete freedom would be burning brush piles on a dry summer day with the wind headed straight toward your neighbor.

Our society demands, and universal morality dictates, that all of our actions be tempered with responsibility toward ourselves, our neighbors and more and more toward the environment which we all share. I believe that increased freedom and liberty comes with increased responsibility for our actions. If a person commits to living within the law, and scrupulously behaving well with everyone they meet, they are allowed a wonderful degree of freedom in this country on many levels – physically, spiritually, and economically.

Roger W. De Haan, The Misourian. October 2010.



With the warmer months in full effect here in Minnesota, are you staying hydrated? In the warmer weather, your body needs more fluids in order to stay hydrated. There are numerous benefits to drinking water. One of these benefits is that water prevents dehydration. Dehydration can cause you to think unclearly, your body to overheat, and it can lead to kidney stones. Another benefit of drinking water is that it helps in managing your body weight. Sugary drinks such as pop or sweet tea can be substituted with water which in turn helps manage weight. Drinking water also helps in keeping joints flexible. Water helps to create a thin layer of fluid that cushions and delivers nutrients to the joints. Water also helps to prevent infections. Staying hydrated helps the body fight infections by getting rid of toxins and other bacteria that may cause illness. There are so many benefits to drinking water. With Minnesota getting into their warmest months of the year, let's all stay hydrated! Below are 6 tips to drinking more water!

6 Tips to Drink More Water:

1. Set a daily goal and put up reminders.
2. Carry a water bottle with you and refill it throughout the day.
3. Drink water instead of sugary drinks such as pop or tea.
4. When eating out, choose to drink water. This saves you money and it reduces calories.
5. Eat more foods high in water such as watermelon, lettuce, cantaloupe, and zucchini.
6. Every time you see a water fountain, take a drink.

Did you know?

Drinking water helps regulate body temperature, keeps joints lubricated, prevents infections, and keeps organs functioning properly.

Source: Harvard School of Public Health

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



Helping Hands Outreach 531 Main St. PO BOX 293 Holdingford MN 56340

Upcoming Events

Holdingford Monthly Lunch & Learns

At the Holdingford American Legion

No Meal in July

Next meal August 28th

Social Starts 11:30

Meal 12:00

Speaker 12:30

Entertainment to follow

Suggested Donation \$6



We are looking for suggestions for speakers. Let us know who you would like to hear or what subjects you are interested learning more about.

August Speaker– Shirley Willoughby

Thank you

Jennifer Majeski teaching us about TED socks

Stearns County History Museum for speaking about our area's significance

Feet First Clinic

Holdingford City Hall

1st Tuesday of the month

9:00 am—Noon

Call Helping Hands for an Appointment 320-746-9960



Exercise Classes



Holdingford City Hall

Tuesday & Thursday 9:30-10:30 am

SAIL- Staying Active and Independent for Life

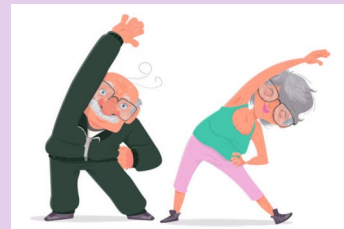
Improve Balance

Increase Energy

Sleep Better

Relive Stress

Come join the fun!



Walking Club in Holdingford.

Outside walking has resumed.

Call the office for more details.

Weekly Meals

Served at Noon

Holdingford- Tuesdays at City Hall
followed by social hour

St. Stephen- Wednesdays followed by 500
April-June at Rusty Nail
July-September at Trobecs

Weekly Meals suggested donation \$6

Game Day

Wednesdays 9:30-11:00

Helping Hands Office

No experience required

500

Wednesdays

12:30– 3:30

St. Stephen



The NuStep is open for use at our office. In the initial session our staff will walk you through how to use the NuStep and determine the correct seat, arm position, and resistance settings. Please call for more information.

Bingo Prizes

- Dish Soap
- Pasta
- Pasta Sauce
- Fruit Cups
- Shampoo
- Soap Bars
- Juice (Cranapple, CranRaspeberry)
- Powder packaged baked goods
- Candy & Little Debbie Sweets Treats
- Chips, Cheese Puffs, Carmel Corn

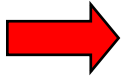
Wish list:

For the Office

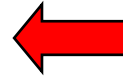
- Postage Stamps
- Large Canisters of Lemonade
- Coffee- Regular
- Printer Paper
- Disposable Table Cloths-Any color
(We use 12-15 per luncheon)

Equipment Needs

- 4-Wheeled Walkers with seat
- Bed Rails
- Canes- 4 Prong and single end
- Wheelchairs



Volunteer Drivers Needed



As volunteer driver for Helping Hands you will be making a difference in someone's life, you will be greatly appreciated, and may even make a new friend.

Our clients are needing rides to St Cloud, Albany, Melrose, Little Falls, and occasionally the 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 or stop in for more information.

July-August Spotlights of the Month

Alan Zimmerman	Linda Vanderweyst
Joyce Ebnet	Peggy Anderson
Rosemary Jordan	Nancy Kleve
Carol Pannek	Ray Scegura
Mary Doll	Bernice Eiden

Whether you're recovering from surgery, managing a condition, or need extra support, Helping Hands Outreach is here to help. We lend medical equipment to seniors and those in need.



We have an assortment of incontinent products including briefs and pads. If you or someone you know is in need of these products, please stop in at the office or give us a call.

Helping Hands Outreach

Helping Hands Outreach Board Members

Peter Omann—Chair
Joe Christensen— Vice Chair
Mary Stalberger— Secretary
Judy Boulton— Treasurer
Mark Dorn
Greg Frank
Joan Frie
Rod Harren
Roger Justin
Bonnie Meier
Deb Meier
Dorine Rausch
Violet Ritzer
Lenore Dawson

Board Meetings 7:00 pm
last Wednesday of the
month

No Board Meeting
July & December

Annual Meeting
September

Helping Hands Outreach Staff

Denise Leahy
Executive Director

Abby Tensen
Client/Caregiver Support

Maddie Kemper
Program Director

Hailey Finken
Volunteer & Service Coordinator

Cadence Hartung
Office Assistant

Linda Schlichting, Susan Otremba,
Crystal Hartung
House Cleaners

Check out our **NEW** website
www.helpinghandsoutreachmn.org

Office will be closed:

Friday July 4th
Monday, July 14th
Monday, September 1st



Helping Hands Out-
reach
PO Box 293

The Post Office requires that all
correspondents mailed to Helping Hands
Outreach have our correct mailing address.
Please use the address above.

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
- ◆IRA Qualified Charitable Distribution
- ◆Pray for us

Memorials

Ron & Joan Frie for Jamie Strand
Gary & Sue Zimmerman for Bobbi Leahy
Larry Klimek for Rueben & Clara Klimmek
Greg & Karen Knight for Allan & Donna Warzecha
Neil Neeb for Gloria Neeb
Sharon Volkers for Jim Volkers
Anonymous for Gene Breth

In-Kind

Barb Omann
Craig Dewar
Donald Elfering
Harvey Kolodjeski
Kathy Bruns
Rosie Weyer
Albany Bakery
Amy Notsch
Jean Dingmann
Leon Schmitz
Michael Trettel
David & Laurie Walker
David & Luanne Wenning
Doreen Czech
Jacob & Rita Beckius
The Kunstleben Family
Mary Roering
Richard & Perian Stavrum
Richard Mayers
Sue Marstein



Donations

Darlene Kostreba
American Legion Holdingford Post #211
Brenny Transportation
St Joseph Women of Today
Genghis Kong and The Farmer Boy
Thrivent Financial
We Haul For You Movers
Bonnie Soltis
Clifford Harker
Joseph Katzner
Daniel Hovanas
David & Anita Scegura
Fred Segler
Gary & Sue Zimmerman
Greg & Karen Knight
Holly Torrens
Jan Klug
Jean Knese
JoAnne Christensen
John & Lisa Schmidt
Kathy Schueler
Ken & Lucy Nathe
Larry Klimek
Lloyd & Dorine Rausch
Lynnette Sunde
Marie Omann
Ralph & Mary Stich
Robert & Sharon Thell
Irene Schmidt
Ron & Joan Frie
Warren Barnes
Jon & Laurie Perry

THANK YOU!

Our Apologies if we fail to print your name in any of our lists. Please kindly give us a call so that we can correct it in our next newsletter.



PO Box 293
Holdingford, MN 56340-0293

ELECTRONIC SERVICE REQUESTED

Non-Profit Org.
U.S. Postage
Paid
Permit No. 884
Waite Park, MN



Drop off your Teals

We continue to accept and benefit from your
Teals Market receipts.

In total we have received \$7935.06.

Amazing! Thank you to Teals Market

Thank you Linda Harren for the
time spent processing the receipts.

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community!**

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