Helping Hands OUTREACH

Vol. 26 No. 1
January-February 2026

TOP TEN THINGS FOR CAREGIVERS TO START IN 2026

1. Keep records of all meds and reactions: make notes about what works, what doesn't and when you informed the doctor of any problems.
2. Keep records of all doctor appointments: the reason for the visit, the doctor's responses to our concerns, any procedures performed etc.
3. Start or continue to maintain copies of medical records for your loved one, and for yourself, as well.
4. Plan for the unexpected: discuss plans and wishes of everyone involved in the caregiving family. Talk about final resting places and what arrangements your family will want.
5. Have an Advance Directive filled out and given to the primary physician and all relatives who may need the form.
6. Have a Last Will and Testament completed or updated: without a signed will, the courts will decide how to distribute the possessions of your loved ones.
7. Keep a record of where all-important documents are kept.
8. Record all monetary involvements: investments, creditors, debtors, etc
9. Clean out the medicine chest. Look for expiration dates and ineffective meds.
10. Is Home, Life and Health insurance still appropriate for their needs?

We thank everyone who contributed to our Christmas Cheer Bags. A special thank you to St Stephen Catholic Church for including us on their Giving Tree and to the St Stephen Lions for their donation. We thank the group that helped pack our Christmas Cheer Bags and for the volunteers and board members that help deliver them. We also thank the Golden Horseshoe 4H Club & the Little Spunk Critters for decorating the Christmas Cheer bags.

We would not be able to do it all without you!

This newsletter was submitted to the printer mid December well before many Year-End Appeal donations were received. We will list all Year-End Appeal donors and memorials in the next Newsletter.

That said– if you have not donated please consider donating, there is still time.

It is your generous financial support that makes all of what we do, happen.

Helping Hands Outreach is making a difference in the lives of many.

Helping Hands Outreach

Hard to believe I am writing this. It is with great sadness that I tell you I will be stepping down as the Executive Director of Helping Hands Outreach as soon as a new director is found. 2025 was not a good year for my family and me. We lost my father-in-law, my mother-in-law, my dad, and my husband, and it has taken its toll. I no longer have the capacity to carry Helping Hands Outreach and the responsibilities leading it requires.

As I write this, I am remembering when I was hired as a real employee back in 2015, I had already been here 2 years as a VISTA, and this is what I posted on Facebook that day.

"Two years ago at this time, I was attending the AmeriCorps VISTA Pre-Service Orientation and freaking out!!!! I had no idea what I had signed up for. I left that training feeling old and inadequate. With much fear, yet without a doubt, I knew the path I was about to take had been laid out by the Holy Spirit. So, I stepped into service at Helping Hands Outreach in Holdingford. My project was to build the program in St Stephen. I have done many things I thought I could not do, such as writing, public speaking, talking to strangers, leading groups, and on and on. My career plan was to get an accounting job and hide in a backroom somewhere. Definitely cannot hide when you are building a program in a new community. It is with no fear and more than adequate that, come Monday, I will be an employee of Helping Hands Outreach and will continue the path laid out before me. Blessed!!"

And then just like that, it is 11 years later. It has been an honor and great joy to be a part of this wonderful organization and to get to know so many of you. Thank you for all the encouragement you have given me throughout the years in all my roles here at Helping Hands Outreach.

I will be staying on to assist as long as needed/wanted. And after that, of course, I will be a volunteer driver.

Helping Hands Outreach seeks a full-time **Executive Director** to lead our organization and advance our mission across our 200-square-mile rural service area covering the Northeaster corner of Stearns County.

The Executive Director reports to the Board of Directors and is responsible for strategic leadership, organizational management, program oversight, community relations, and long-term sustainability.

Qualifications

- Deep commitment to improving the lives of older adults and family caregivers.
- Proven leadership experience in the human services or nonprofit sector.
- Strong financial management skills, including budgeting and grant management.
- Excellent interpersonal, communication, and relationship-building skills.
- Experience working with government, foundation, and community partners.
- Proficiency in Microsoft Office Suite, internet applications, and social media.
- Professional references demonstrate leadership and integrity.
- 4-year degree preferred.

Upcoming Events

Holdingford
Monthly Lunch & Learns
At the Holdingford American Legion

January 22nd
February 26th

Social Starts 11:30
Meal 12:00
Speaker 12:30
Entertainment to follow
Suggested Donation $6

January: Jaden Ebnet –Local Beekeeper
February: A Home For A Day

Thank you Blommel family for sharing your musical talents. with our community.

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.

Exercise Classes

Holdingford City Hall
Tuesday & Thursday 9:30-10:30 am

Improve Balance
Increase Energy
Sleep Better
Relive Stress
Come Join the Fun!

Walking Club in Holdingford.
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
January-March at Trobec's
April-June at the Rusty Nail

Weekly Meals suggested donation $6

Game Day	500
Wednesdays 9:30-11:00	Wednesdays
Helping Hands Office	12:30– 3:30
No experience required	St. Stephen

Feet First Clinic

Holdingford City Hall
1st Tuesday of the month
9:00 am—Noon
Call Helping Hands for an Appointment 320-746-9960

Coffee & Conversation
Mondays from 10:00-12:00
Starting in February

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.

Helping Hands Outreach

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.

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.

Jan-Feb
Spotlights of the Month

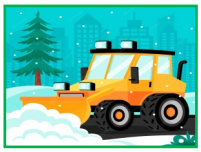
Leon Schmitz
Ken Wenning
Linda Wenning
Shirley Willoughby
Sandy Workman
Loni Young

With cold & flu season approaching we ask that if you are feeling under the weather to please stay home from Helping Hands Outreach activities. We do not want to share illness.

In-Kind Donations:

Denise Holstad
Gerald Johannes
Janice Mensinger
Jean Knese
Glen & Karen Solarz
Lorraine Mader
Roger & Kathy Thell
Steven & Kaye Heins
Warren Barnes
Imelda Sand
Mary Ann Heitzman
Janet Klug
Michael Trettel
Yvonne Panek
Virgil & Mary Ann Roering
Darren Solinger
David Walker
Peggy Anderson
Brian & Michelle Mader
Paul Dukowitz
Mary Stalberger
Jeanette Woidyla
Barb Omann
Glen & Karen Solarz
Mary Stalberger

Big Thank You to Justin Spanier for his service in keeping Helping Hands Outreach plowed out.



Helping Hands Outreach

Did you know? Social connections are important to our mental and physical health.

Social connections play a powerful role in promoting longevity and overall well-being as we age. Studies consistently show that maintaining strong social bonds can help people live longer, healthier lives. Here are some tips on how social connections contribute to longevity and ways to strengthen these bonds.

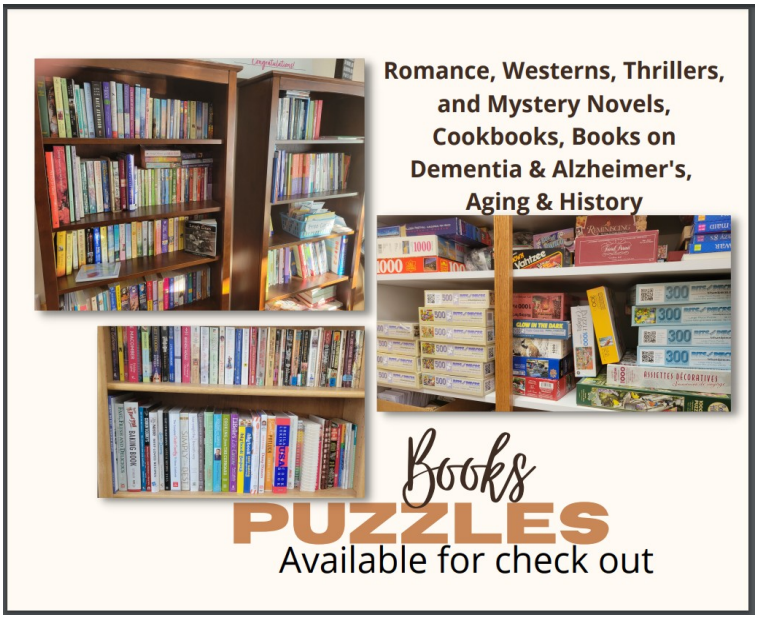
1. Reduce Stress and Boost Mental Health
Social interactions can help buffer stress, which is a known contributor to chronic health issues. Having friends or family to talk to provides emotional support during difficult times, which reduces the harmful effects of stress on your body and mind.

2. Increase Physical Activity
People with strong social networks are more likely to stay physically active, which is essential for healthy aging. Whether it's going for a walk with friends, joining group exercise classes or engaging in sports, being socially active encourages regular physical activity.

3. Enhance Cognitive Health
Social engagement helps keep the brain active and sharp. Conversations, learning new things and participating in group activities stimulate cognitive function and may lower the risk of developing dementia and Alzheimer's disease.

4. Provide Emotional Support and Purpose
Feeling connected to others gives you a sense of belonging and purpose, which can enhance emotional well-being. When you feel valued and supported by your social circle, it improves mood and reduces feelings of loneliness and depression, which are linked to shorter lifespans.

5. Promote Healthier Lifestyles
Social networks can encourage healthier lifestyle choices. Friends and family often influence behavior, and being surrounded by people who value fitness, good nutrition and regular medical checkups can motivate you to adopt similar habits that promote longevity.



Helping Hands Outreach

Office Hours Monday-Thursday 8am-4pm Friday 8am-2pm

Helping Hands Outreach Board Members

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

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 Support/Organization Support

Holly Kotzer
Program & Service Coordinator

Cadence Hartung
Office Assistant

Linda Schlicting, Susan Otremba,
Crystal Hartung House Cleaners

Office will be closed:

January 1st

Register at www.STSE.biz Or call the Helping Hands Outreach office 320-746-9960.

January 13th 1:00-5:00pm
At the Holdingford American Legion

Just a few Reminders:

If schools are closed or closing early, the events at Helping Hands Outreach will be canceled. Your safety is important to us.

Also, if you are a volunteer driver and uncomfortable with road conditions at anytime, please call us to cancel the ride.

If you are not feeling well please stay home. I know it is hard even when you just have a little head cold. We need to care for one another.

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

Central MN Council on Aging cmcoa Supporting our aging community
MINNESOTA LIVE WELL AT HOME
MEDICA FOUNDATION
United Way United Way of Central Minnesota
UP ROUND
MEMBER OF LIVING AT HOME NETWORK Celebrating 35 Years

Donations

Donations:

Carol Tembreull
Jo Anne Christensen
Dennis & Linda Grebinoski
Irene Schmidt
John & Linda Schmidt
Peter & Marilyn Voigt
Bernice Eiden
Doreen Gerads
Jeanette Trobec
We Haul For You Movers
Herman & Bernice Ebnet
Joseph Katzner
Roger & Kathy Thell
David & Ellie Boecker
Holly Torrens
Lloyed & Dorine Rausch
Dana Schmid
Greg & Karen Knight
John & Marlys Atkinson
Larry Klimmek
Theresa Johannes
Jean Knese
Michael Ruprecht
Sam Scepaniak
Kathy Schueler
Louise Adolph
Fred & Joyce Segler
Richard & Carol Schmit
St. Anthony Christian Mothers
Robert Lane
Kathy Schueler
Elizabeth Hartung
Roman Kuklok
Neil Neeb
Raymond & Karen Schindler
Steve & Lorri Vouk
Thrivent Financial
James & Renee Goerger
Holdingford Lions Club
Tom & Diane Jesh
Yvonne Panek
Paul Dukowitz
Joe & Susan Katzner
Robert & Johnita Dombrovski
Vern Dullinger
Margaret Zimmerman
Rick & Sharon Pagatschnik
Community Giving
Jeanette Woidyla
Charlie Irvin & Gordon Brown
Warren & Bernice Eiden
Gordon & Sharon Sjaaheim
Leroy & Joan Dobis

Donations In Memory of:

In-kind Donations on page 4

Linda Grebinoski in memory of Robert Knettel
Doreen Gerads in memory of Joan Gerads and in honor of Frank Gerads
Carol Tembreull in memory of Don Tembreull
Roberta & Cindy Neis in memory of Raymond & Bernadette Pintok
Roger & Kathleen Thell in memory of Eugene Lashinski, Eileen Stiller & Alan Puringer
Sam Scepaniak in memory of Al Pebbles Pueringer
Greg & Karen Knight in memory of Allan & Donna Warzecha
Larry Klimmek in memory of Reuben & Clara Klimmek
Theresa Johannes in memory of Emily Becker
Marilyn Maleska & Miachel Ruprecht in memory of Theodore Maleska
Betty Hartung in memory of Al Hartung
Neil Neeb in memory of Gloria Neeb
Vernon Dillinger in memory of Emir & Bernadette Dillinger
Nancy Kleve in memory of Jody Kleve
Glen & Carol Greener in memory of Clarey & Lucy Schueler & Nancy Bieniek
Leroy & Joan Dobis in memory of deceased family members
Wendy Haus in memory of Cindy Davids
Rick & Sharon Pogatschnik in memory of Norb & Theresa Ertl
Gordon & Charlene Brown in memory of Fred & Grave Brown
Roberta Anderson in memory of in memory of Raymond & Bernadette Pintok

Our sincerest 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.

Helping Hands OUTREACH
PO Box 293
Holdingford, MN 56340-0293

Non-Profit Org.
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Waite Park, MN

ELECTRONIC SERVICE REQUESTED

Teals MARKET

Drop off your Teals

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

Total we have received since 2016
$9,068.51

Amazing! Thank you to Teals Market.
Thank you Linda Harren processing the receipts.

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