



hello Summer



Vol. 26 No. 3
May-June 2026

We are incredibly grateful to Stearns Bank for their generous support of our food program through their Shared Prosperity: Amplify the Good initiative. Partnerships like this make a meaningful difference and help ensure that programs like our weekly and monthly meals continue. On behalf of everyone we serve, thank you, Stearns Bank, for helping us amplify the good and strengthen our mission. Your generosity truly makes an impact!



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GOOD

2026

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Helping Hands Outreach

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



Tuesday May 12th
5:30pm-9:30pm
Rice Lions Building
Cost: \$20

Holdingsford Cares Day

Saturday May 16th

If you need volunteers to rake your lawn, clean your garden/flowerbeds, need windows washed, or other outdoor tasks call the Helping Hands Outreach office! 320-746-9960



Holdingsford City Wide Clean Up Day

Saturday, May 16th

The City of Holdingsford will have dumpsters available at the Holdingsford High School Parking lot 8:00—11:00 am to receive items. Some items are acceptable and some are not. Some will have a \$10 charge for disposal. Call 320-746-2966 with questions.



Holdingsford Hazardous Waste Collection Day

Wednesday, June 17th 10:00am to 5:00pm



Hazardous waste items can be brought to the Holdingsford High School Parking lot. Some items are acceptable and some are not. For specific details, call Stearns County Environmental Services at 1-800-450-0852 or 320-656-3613

SAVE THE DATES FOR HOLDINGSFORD DAZE!

Friday, July 10th and Saturday, July 11th

Please plan to participate in our bake sale and bingo!

Upcoming Events

Holdingsford Monthly Lunch & Learns

At the Holdingsford American Legion

May 28th

June 25th

Social Starts 11:30

Meal 12:00

Speaker 12:30

Entertainment to follow

Suggested Donation \$6



May: Vicki from Home Instead

June: Stearns County Dairy Princesses

Thank you Holdingsford Lions for Cooking at our Luncheon in March.
Thank you Moments Hospice, Adara, Home Instead, and Centracare Stroke Center for Speaking In March and April.

We are looking for speaker suggestions. Let us know speakers or subjects you'd like to hear.

Feet First Clinic

Holdingsford City Hall

1st Tuesday of the month

9:00 am—Noon

Call Helping Hands for an Appointment 320-746-9960



Exercise Classes



Holdingsford City Hall

Tuesday & Thursday 9:30-10:30 am

Improve Balance

Increase Energy

Sleep Better

Relive Stress

Come Join the Fun!



Walking Club in Holdingsford.

Call the office for more details.

Weekly Meals

Served at Noon

Holdingsford- Tuesdays at City Hall followed by social hour

St. Stephen- Wednesdays followed by 500 April-June at the Rusty Nail July-September at Trobec's

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.

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.



Wish List:

Bingo Prizes

- **Fruit Cups**
- **Candy/Little Debbie Sweet Treats**
- **Chips/Popcorn/Snack Crackers**
- **Juice**
- **Spaghetti Sauce**
- **Spaghetti**
- **Muffin mix**
- **Pasta Salad boxed mix**
- **Hot dish boxed mix**

For the Office

- **Postage Stamps**
- **Coffee**
- **Disposable Table Cloths**
- **Printer Paper—white**
- **Printer Paper—colored**
- **Large Canister of Lemonade**
- **Facial tissue**
- **Post It Notes (3x3 inch)**
- **Post It Notes (1.5x2 inch)**

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.

Coffee Cake Baking Supplies Needed

- ◆ 30 lbs Sugar
- ◆ 75 lbs Flour
- ◆ 13 lbs Butter
- ◆ 4 dozen Eggs
- ◆ 7 gallons Milk

Please call the office if you are willing to donate a portion of any of the listed items. Last day to drop off items is Wednesday June 10th.

We will be baking coffee cakes the week of June 15th if you are interested in helping give us a call.

Who do you call to clean the ocean?
Mermaids.

Where do birds stay when they go on vacation? Somewhere cheep.

Did you hear about the ice cream truck accident? It crashed on a rocky road.



Helping Hands Outreach

Hello!

I am excited to introduce myself as the new Executive Director for Helping Hands Outreach!

It is an honor and privilege to be here to serve the older adults in our rural communities with the goal to keep people healthy, active, in their homes, and in our communities as long as possible. I truly believe we are all better people when we serve one another with compassion and kindness. From what I see already, and know from being a member of this community for over 30 years, we do this well! It is good to know that no matter what our age, we are valued and cared for and the time and gifts we have to share are essential to others. Thank you to all who share of their time, talents, and treasure to make Helping Hands Outreach the great success that it is and will continue to be in our communities.



For those who may not be familiar with me, I have lived in this area for 33 years, and Holdingford for 20 years. I have two daughters who have so far blessed me with 8 grandchildren (one in heaven), I am a member of All Saints Church, and enjoy time spent with others (especially God, family and friends), cooking, baking, gardening, bicycling, walking, and hiking.

Please feel free to stop in the Helping Hands Outreach Office to say hello! I would love to meet those I don't yet know, and also hear any new ideas you have for future programming or services as well!

Many thanks to Denise Leahy who has served Helping Hands Outreach for 13 years. First starting as an AmeriCorps VISTA volunteer and continuing up the ladder to Executive Director. I am so glad she is staying with us as the Assistant Director to help guide the "Newbie" in this great work we do. Her compassion and dedication to the people of our communities is inspiring and greatly appreciated.

Sincerely, ~ Janel Heinen



We Are Hiring!

Program and Service Coordinator

The Primary Function is to organize, develop, oversee, and evaluate Helping Hands Outreach programs and services in and around the communities of Holdingford, St. Stephen, and Rice.

Flexible up to 30 hours per week

Contact: Janel @ 320-746-9960



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

Helping Hands Outreach Board Members

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

Board Meetings 7:00 pm last
 Wednesday of the month

No Board Meeting
 July & December

Annual Meeting
 September

Helping Hands Outreach Staff

Janel Heinen
 Executive Director

Denise Leahy
 Assistant Director

Abby Tensen
 Client Support/Organization Support

Open—We are hiring!
 Program & Service Coordinator

Cadence Hartung
 Office Assistant

Linda Schlicting, Susan Otremba,
 Crystal Hartung House Cleaners

Office will be closed:

Monday, May 25th

Friday, July 3rd

Monday, July 13th



We would like to give a special thank you to Spanier Snow Removal for plowing snow in our parking lot over the course of this past winter!

Your work is greatly appreciated!



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



Office Phone 320-746-9960

Our Office Fax 320-746-8132



Donations:

Charlie & Kathleen Vos
 Clifford Harker
 Darlene Kostreba
 Rosemary Anderson
 Jean Knese
 Janet Gibbons
 Fred & Joyce Segler
 Florence Kurowski
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 Irene Schmidt
 John & Lisa Schmidt
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 Mike & Marjorie Peternell
 Joe & Sue Katzner
 Holly Torrens
 Lloyd & Dorine Rausch
 The Farmer Boy & His Dog
 St. Stephen Lions
 Ramona Fedor
 Deb Schmidt
 Ray Scegura
 Kathy Schueler
 Gary Vogt
 Holdingford American Legion
 Donald & Rose Ann Pflueger
 Jeanette Woidyla
 Laura Posch
 Margaret Zimmerman
 Richard & Jacquilyn Lindner
 Richard & Mary Vouk
 Roger Majeski
 Susan Malikowski



Donations In Memory of:

Larry Klimmek in memory of Reuben & Clara Klimmek
 Gregory & Karen Knight in memory of Allan & Donna Warzecha
 Marian Fischer in memory of Rod Fischer
 Neil Neeb in memory of Gloria Neeb



In-Kind Donations:

Doreen Czech
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 Michael Trettel
 Dale & Melanie Sobania
 David & Terri Yurczyk
 David Johnson
 Gerald & Jan Solarz
 Jennifer Majeski
 Kathy Warzecha
 Lois Solinger
 Tom & Mary Skudlarek



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.





PO Box 293

Holdingford, MN 56340-0293

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Thank you Linda Harren processing the receipts.

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