

Vol. 26 No. 4
July-August 2026

Help us celebrate Holdingford Daze and our country's 250th Birthday with our Bake Sale and Bingo Events!

Bake Sale

Friday, July 10th 4:00—7:00pm

Saturday, July 11th 11:30am to 3:00pm

- Coffee cakes and other baked goods
- We are a cool place for seniors to take a break from the heat and enjoy a cool refreshment.
- Baked goods donations are welcome and should be dropped off by 2pm Friday 7/10

Bingo

Saturday, July 11th 1:00—3:00pm

At the Legion

- \$10 per bingo card to be played during the 2 hours of bingo. (approx. 12 games)
 - Prizes for all ages
 - A cool place to have some fun!
- Funds benefit Helping Hands Outreach

IT IS TIME FOR OUR ANNUAL SUMMER APPEAL !!!

It is with humble and grateful hearts that we serve the people in our communities and support older adults staying in their homes as healthy and as long as possible. We are able to do this honorable work with the help of the generosity of the loving and compassionate people in our communities who provide their time, talent, and treasure. We have inserted a donation envelope into this newsletter for your convenience to provide a donation at this time if you choose. Please mail it back or better yet, drop it off as we would love to see you! Holdingford Daze provides an extra opportunity for people to stop in! Please stop in to enjoy a break from the heat and a cool refreshment. Hours beyond our usual Monday -Thursday 8am—4pm and Fri. 8am-2pm are listed above under the bake sale.

Thank you to the Holdingford Lionesses and Holdingford Lions for preparing our May and June Lunch & Learn meals! The food was delicious, and we are so grateful for the time, effort, and generosity you put into serving our community. Your support is truly appreciated!



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.



Summer Safety Tips

With July and August often bringing some of the hottest temperatures of the year, it's important to take extra precautions to stay safe while enjoying the summer season. A few simple steps can help you stay healthy, comfortable, and protected from the heat.

1. **Stay Hydrated**-Drink plenty of water throughout the day, even if you don't feel thirsty. Staying hydrated helps your body regulate temperature and prevents heat-related illnesses. Fresh fruits and vegetables with high water content, such as watermelon, cucumbers, and oranges, can also help keep you hydrated.
2. **Protect Yourself from the Sun**-When spending time outdoors, apply sunscreen with an appropriate SPF and reapply as directed. Wearing a wide-brimmed hat and seeking shade whenever possible can provide additional protection from harmful UV rays.
3. **Dress for the Weather**-Choose lightweight, light-colored, and loose-fitting clothing to help your body stay cool and comfortable during hot weather.
4. **Plan Outdoor Activities Wisely**-The sun's rays are strongest between 10:00 a.m. and 4:00 p.m. Whenever possible, schedule outdoor activities during the cooler morning or evening hours to reduce your risk of heat-related illness.
5. **Know the Signs of Heat Stroke**-Heat stroke is a serious medical emergency. Symptoms may include confusion, headache, nausea, dizziness, hot or dry skin, and loss of consciousness. If you or someone around you experiences these symptoms, seek medical attention immediately.
6. **Don't Forget Your Eyes**-Protect your eyes by wearing sunglasses that block UVA and UVB rays. Prolonged exposure to the sun can cause eye irritation and may contribute to long-term vision problems.

By following these simple safety tips, you can make the most of the summer months while staying safe, healthy, and comfortable. Enjoy the sunshine and have a wonderful summer!

Upcoming Events

Holdingsford Monthly Lunch & Learns

At the Holdingsford American Legion

July: NO LUNCH & LEARN

August: 27th

Social Starts 11:30

Meal 12:00

Speaker 12:30

Entertainment to follow

Suggested Donation \$6



July: No Lunch & Learn

August: Brian Theisen Stearns County Sheriff—TRIAD Program

Thank you Lindsay from Home Instead and the Stearns County Princesses for coming to speak at our May & June Luncheons!



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

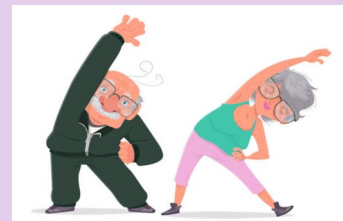
Improve Balance

Increase Energy

Sleep Better

Relive Stress

Come Join the Fun!



Walking Club in Holdingsford will have 2 options starting July 1st! All are welcome!

1. Every Wednesday Walking @ 9:30 am. Weather permitting. Meet @ Lake Wobegon Trailhead. Leader: Bonnie Meier

2. If interested in walking other days or times, please call the Helping Hands Office for more info. Leader: Shirley Willoughby Shirley will be leading a walk once a week that will be flexible for the greatest number of interested participants and days and times may change from week to week.

Weekly Meals

Served at Noon

Holdingsford- Tuesdays at City Hall followed by social hour

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

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



Thank you to the coffee cake baking crews, those who donated ingredients to make them, and those who donated baked goods for our sale! We appreciate each of you!

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.

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



STSE 55+ Class
Wednesday, July 22nd
St Stephen Church Hall
5:30—9:30 pm

Wish List:

Bingo Prizes

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

For the Office

- **Postage Stamps**
- **Coffee**
- **Disposable Table Cloths**
- **Large Canister of Lemonade**
- **Colored Printer Paper**
- **Facial Tissue**

For Services We Provide

- **S/M Pull-up Depends**
- **Incontinent Insert Pads**



Helping Hands Outreach

Hello! I am pleased to introduce myself as the new Volunteer/Program & Service Coordinator for Helping Hands Outreach. We are all so fortunate to have Helping Hands Outreach as part of our community.

Some of you may know me through my work as the Helping Hands exercise instructor, or my previous work with Helping Hands as the Health & Wellness Coordinator. For those who may not be familiar with me, I have lived in this area for 15 years with my husband, Randy. We have three adult children and enjoy the outdoors together and we are members of the local Catholic community. Personally, I enjoy people, and wellness activities including cooking, hiking, and the Wobegon trail.

Please stop by the Helping Hands office to chat or introduce yourself. I look forward to seeing you.

Blessings,
Shirley Willoughby



After four years with this Helping Hands Outreach community, I am transitioning to begin an exciting new chapter in my life. As many of you know, my boyfriend and I are expecting our first daughter in August. Then, in November, I will begin my internship as a school counselor at Holdingford High School as I work toward completing my Master's Degree, with plans to graduate in May. My time at Helping Hands Outreach has been incredibly meaningful, and I am grateful for the opportunity to have met so many wonderful people and built lasting relationships along the way. The experiences, friendships, and memories I have gained here will always hold a special place in my heart. While I am looking forward to what lies ahead, it is not easy to say goodbye to an organization and community that has meant so much to me. Helping Hands Outreach will always be close to my heart, and I hope to remain involved and supportive in whatever ways I can in the future.

Thank you for your kindness, support, and friendship throughout the years. It has truly been a privilege to be part of this incredible community. My final day will be July 31st, and I hope to see many of you beforehand. ~ Abby Tensen

We are Hiring!

We have two staff positions open. If you or someone you know are interested, please call, send resume, or stop by for more information ~Ask for Janel

- Housekeeper (cleaning client's homes): 5 hours per week @ \$17.00/hour
- Client Support and Caregiver Consultant: Prefer 36—40 hrs per week @ \$21/hour. Duties include client intakes, assessments, and service referrals, support to Caregivers, maintain resources, services, and service data.

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 Executive Director

Abby Tensen
 Client Support/Organization Support

Shirley Willoughby
 Volunteer/Program & Service Coordinator

Cadence Hartung
 Office Assistant

Linda Schlichting, Crystal Hartung
 House Cleaners

Office will be closed:

Friday July 3rd
 Monday July 13th
 Monday September 7th



Volunteers are needed to help with outdoor tasks such as pulling weeds and planting flowers for clients! Please call or stop in the office for more information or to get signed up!



We are looking for a volunteer to pick up our newsletters in even months from Sauk Centre. If interested, please call our office 320-746-9960.



We are looking for volunteer handy-persons to assist with client small/basic home maintenance tasks like changing furnace filters, light bulbs, tightening handles, etc. Stop in the office for more information or to get signed up!

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



Donations

Donations:

Charlie & Kathleen Vos
 Claude & Susan Opatz
 Clifford Harder
 Florence Kurowski
 Fred & Joyce Segler
 Gary Vogt
 Janet Gibbons
 Rosemary Anderson
 Stearns Electric
 The Farmer and His Dog
 We Haul for You
 Gerald & Anne Ramler
 Holly Torrens
 Irene Schmidt
 Joe & JoAnne Christensen
 John & Lisa Schmidt
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Peg Mosbo
 Rob Schumer
 Robert & Sharon Thell
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 Rosie Harren
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 Kathy Wohletz
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 Marcy Schmidt
 Margaret Zimmerman
 Michael Ruprecht & Marilyn Maleska
 Sharon Volkens
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In-Kind:

My Salon
 David & Terri Yurczyk
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 Randy & Lesa Freeman
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 Bernadette Larkey
 Bonnie Meier
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 Mary Ann Heitzmann
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 Tim & Susan Ressemann



Donations In Memory of:

Tom & Jeanette Stodolka in memory of Vic Hayes
 Lynne Pueringer in memory of Alan Pueringer
 Joseph & Karen Krych in memory of Edward & Mary Kroska & Edmund & Rita Krych
 John & Sandy Doman in memory of Patty Schuneman
 Alan & Brenda Dobis in memory of George & Hildegard Biniek
 Darlene Kostreba in memory of Henry & Thomas Kostreba



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.

The donations listed occurred in April-May.



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RETURN SERVICE REQUESTED



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**Total we have received since 2016
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Linda Harren for processing the receipts.

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