

A heart felt thank you to all who have already responded to our summer appeal !!! Your support of the work we do to provide a positive impact for the older adults in our community is amazing! We sincerely appreciate every donation that comes in.

~ Janel Heinen, Executive Director



**Vol. 26 No. 5
September-October 2026**

Karen L Larsen	Jacob & Carla Fowler	Raymond & Florence Kurowski
Lois Ann C Solinger	James Luethmers	Raymond & Karen Schindler
Allen & Diane Herzog	Jeanette Trobec	Raymond Vouk
Allen & Donna Johannes	Jo Anne Philippi	Rich & Teresa Pilarski
Anna Mae Trobec	JoAnn Gerads	Richard & Lois Klug
Anthony & Melissa Ebnet	Joe & Darlene Adrian	Richard & Margaret Stang
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Elizabeth Pogatshnik	Michael Trettel	Steve & Donna Woidylla
Ernie & Lois Schmit	Michelle Gohl	Steve & Lorrie Hellmann
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Florence Heim	Pat Kotzer	Sue Legatt
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Geraldine Fenlason	Ralph & Mary Stich	Willard & Joann Hede
Greg & Karen Knight	Randa Demarais	
Gregory & Susan Frank	Randall & Patricia Roehl	
Herman & Bernice Ebnet	Raymond & Catherine Kostreba	
Imelda Sand		



Helping Hands Outreach



Save the Date!
9/29/2026
4pm-7pm
Holdingford American
Legion

*If you have any pictures or
memorabilia to share, please
bring to HHO Office.*

For more information please call 320-746-9960



2001-2026



Volunteers are needed

for Helping Hands Outreach
25 Year Anniversary Celebration event on
Tuesday, Sept 29; task include:
decorating, beverage & food servers,
and clean up.
Please call the office
@ 320-746-9960 to sign up. Thank you!

National Grandparents Day
in the United States is Sunday,
September 13. It is celebrated
the first Sunday after Labor day.



6 Steps to Help Prevent Falls in Older Adults

September is recognized as “*Healthy Aging Month*”! Staying active helps us stay connected to our community, and taking steps to prevent falls helps us do this. Every 11 seconds, an older adult is seen in an emergency department for a fall-related injury. Many people think it won’t happen to me, but the truth is 1 in 4 adults fall every year in the United States.

Many falls are preventable. Stay safe with these tips!

- **Engage in a balance and exercise program** to build balance, strength, and flexibility.
- **Notify your health care provider for an assessment of your risk of falling;** share your history of recent falls.
- **Review your list of medications with your doctor or pharmacist** to make sure side effects aren’t increasing your falling risk. Take medications only as prescribed.
- **Check your vision & hearing annually and** update your eyeglasses.
- **Keep your home safe:** increase lighting, make stairs safe & install grab bars in key areas. Remove tripping hazards.
- **Talk to your family** by asking for their support in taking simple steps to stay safe.



Information from National Council on Aging website

ANOTHER STEP TO TAKE TO HELP PREVENT FALLS IS TO ATTEND SAIL CLASSES! SEE PAGE 3

Upcoming Events

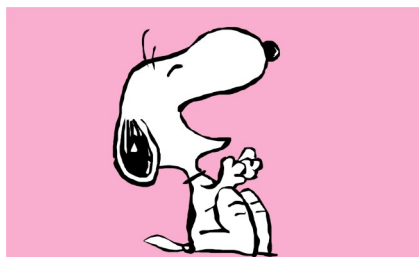
500

Wednesdays
12:30– 3:30
St. Stephen

Game Day

Wednesdays 9:30–
11:00
Helping Hands Office
No experience required

They say with age
comes wisdom; therefore,
I don't have wrinkles,
I have wise cracks!



Feet First Clinic

Holdingford City Hall

1st Tuesday of the month
9:00 am—Noon

Call Helping Hands for an
Appointment 320-746-9960

*September 1st *October 6th



“SAIL”

Stay Active & Independant for Life

*Evidence-based Fitness &
Fall-Prevention Program*

9/1/2026-11/24/2026
Tuesdays & Thursdays



Call the Helping Hands Office to sign up
ASAP! 320-746-9960

Walking Club in Holdingford 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 746-9960
for more information.

Weekly Meals

Served at Noon

Holdingford- 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

Holdingford

Monthly Lunch & Learns

At the Holdingford American
Legion

September: 9/27/26

**Helping Hands Outreach Staff
and Programs Updates**

October :

NO LUNCH & LEARN



10/22/2026 HEALTH FAIR

Social Starts 11:30
Meal 12:00



THANK YOU'S!

Thanks to Jan Klug for hosting the garden tour!

Thanks to Ron Scegura for arranging the fishing outing in June!

Thank you to Ervin Beuckers for donating the donuts on newsletter assembly days!



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 Helping Hands



STSE 55+ Class
Holdingford
Legion 9/2/26
5:30-9:30 PM
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, coffee, coffee
- Disposable Table Cloths
- Large Canister of Lemonade
- Colored Printer Paper
- Facial Tissue
- Gallon and quart ziplock bags
- Lunch Napkins

For Services We Provide

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

Board Meetings
 7:00 pm second
 Wednesdays of the month
 No Board Meeting
 July & January

Annual Meeting
September 9th
@ 6:30 pm
At the office
531 Main Street
Holdingford

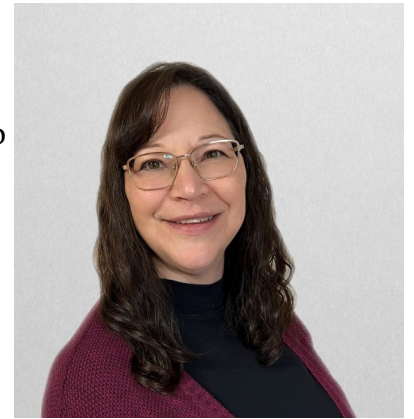
Helping Hands Outreach



Good day everyone, my name is Jackie Higgins, and I am excited to be joining the team here at HHO as the Client Support & Caregiver Consultant. Caring for others has always been more than just a job to me—it's something I am truly passionate about. I have years of hands-on caregiving experience working with older adults and their families, and I've learned that even the smallest acts of kindness, patience and compassion can make a meaningful difference in someone's day. I believe every older adult deserves to be treated with dignity, respect and genuine compassion. My goal is to make the aging process easier, provide support that meets each person's unique needs, and help improve their quality of life so they can continue to live as independently and joyfully as possible. Jackie

Warm greetings to our Helping Hands Outreach family! I have been the Executive Director for 4 months now and continue to be amazed at the wonderful support we receive from individuals, churches, organizations, and businesses, in our communities. It is a joy to get to know so many of you and to listen to your stories as well as your joys, sorrows, challenges, needs, wants, and successes.

We have continued to provide lots of programs and opportunities for older adults in our communities and are growing in activities and staff! Our bake sale was successful with having only a few lemon coffee cakes left and lots of interactions with all who attended. We appreciate those who donated items to sell and those who baked the coffee cakes! Denise lead 3 groups through the baking process and the office smelled wonderful! We participated in the Holdingford Daze parade this year with Jeff Fromm (founding Director), myself (current Director), Cadence Hartung and Janet Klug all throwing candy from a golf cart borrowed from Bob Warzecha and arranged by Sue Marstein. All had a great time! We said "see ya later" to Abby who resigned her position to focus on other wonderful opportunities going on in her life, and "welcome" to our 2 new staff persons: Shirley Willoughby (Volunteer, Program, & Service Coordinator) and Jackie Higgins (Client Support and Caregiver Consultant). The office is full of activities and voices these days!



We are getting ready for our 25th Anniversary Celebration on Sept. 29th and hope to see lots of you there! Please feel free to stop by with questions, suggestions, concerns we can help with, to meet the new staff, access our books, puzzles, equipment, or to just say hello! Thanks for being an important part of the Helping Hands Outreach family and community to make a critical impact for our older adults!

Sincerely, Janel Heinen, Executive Director.

We are Hiring!

We have a staff position 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

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
second Wednesday of the
monthNo Board Meeting
July & JanuaryAnnual Meeting
September 9th 6:00**Helping Hands Outreach Staff**Janel Heinen
Executive DirectorDenise Leahy
Assistant Executive DirectorJackie Higgins
Client Support & Caregiver ConsultantShirley Willoughby
Volunteer/Program & Service CoordinatorCadence Hartung
Office AssistantLinda Schlichting, Crystal Hartung
House Cleaners**Office will be closed:**Labor Day, Monday September 7th

**A special thanks to the volunteers who helped
with the bake sale and parade during
Holdingford Daze!**

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!



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.

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:

Shepherd of the Pines
Gustav The Dog & His
Farmer Boy
We Haul For You Movers
Betty Czech
Dale & Karen Korneck
Jeanette Woidyla
Joseph Katzner
Kathy Schueler
Robert & Nancy Kleve
Roger & Janet Gerads
Irene Schmidt
John & Lisa Schmidt
Holly Torrens
Kathleen Gertken
Resurrected Artists
Bernice Ebnet
David & Angela Peternell

Donna Tix
Fidelity Charitable
Greg & Karen Knight
Idella M Schneider
Janet Mae Klug
Jo Anne Christensen
Joseph Katzner
Karen Struzyk
Kathy Schueler
Michael Ruprecht & Marilyn
Maleska
Ramona E Fedor
Stephen & Lola Blattner
Holly Torrens
Irene Schmidt
John & Lisa Schmidt



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 June and July

In-Kind:

Alan & Milissa Walz
Darren Solinger
Diane M Konsor
Imelda Sand
Janel Heinen
John & Doreen Czech
Kathy Bruns
Kathy Traut
Kevin & Beth Young
Michael Trettel
Norine Blenkush
Ralph & Mary Stich
Rita Auer
Rose Mary Jonas
Shirley Willoughby
Faith Schuneman
Annette Stich
Bruce & Cheryl Warga
Denise Holstad
Jacob & Rita Beckius
Jerome & Susan Biniek
Lisa Larson
Pat Schmainda

Donations In Memory of:

Allen & Diane Herzog in memory of Whitey , Donald, & Betty Herzog
Julie Schuneman in memory of Clarence & Patty Schuneman
Rita & Robert Jarnot in memory of Peter & Martha Jarnot & Edwin & Marcie Seitz
Vernon Voss in memory of Vern, Delores, Ruby, Kevin, & Ryan Voss
Rob Schumer in memory of Joe, Elaine, & Mark Schumer
Raymond Vouk in memory of Norma Vouk
Robert & Nancy Plante in memory of Betty Pollock & Delphine Dombovy
Rosanne Voss in memory of Clarence & Rosemary Jarnot
Donna Kierzek in memory of George Kierzek & Sisters Jeanie & Mary
Dale & Kathy Brunsin memory of Janice Paggen
James Luethmers in memory of Al & Irene Luethmers
Idella Schneider in memory of Adele Schneider & Dennis Johannes
Bob & Nancy Kleve in memory of Jody Kleve
Donna Tix in memory of Paul Tix
Greg & Karen Knight in memory of Allan & Donna Warzecha





PO Box 293
Holdingford, MN 56340-0293

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Waite Park, MN

RETURN SERVICE REQUESTED



**Drop off your Teals
Market receipts!**

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

**Total we have received since 2016
\$9,552.26**

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

Eligible for Medicare?

As a licensed agent, I can help you learn about
Medicare plans including: Medicare Part D
Medigap/Medicare supplement plans
Medicare Cost plans, Medicare Advantage plans

Call me today!



Ronald Scegura
Scegura Insurance Agency
39002 County Road 9
Avon, MN 56310
Tel. 320-746-2582

**When you
work with
Brenny, you
help us help
our
community!**

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St. Joseph, MN 56674
320-363-6999
brennytruck.com



Brenny driver Travis and family

**WE HAUL
FOR YOU**

**Professional movers for
your home or business**

USDOT 11444430 MNDOT 3754475



DOUG LEGATT
(320) 250-2855
wehaulforyou.com
doug@wehaulforyou.com