



Helping Hands Outreach

"Helping people remain in their homes"

Vol. 7, No. 2

February 2010

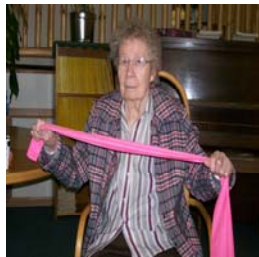
Annual Appeal Edition!

This February Valentine's newsletter is dedicated to updating you on how we're making lives better for many older adults and adults with disabilities and to ask for your continued support.

So how ARE we doing?

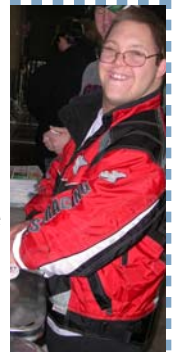
HEALTH & WELLNESS

In 2009, over 135 persons received health information, participated in exercise groups, chronic disease self-management classes, and other falls prevention activities.



VOLUNTEER DIRECT SERVICES

During 2009, 136 volunteers gave 6,548 hours of service to 199 persons, doing homemaking and chores, visiting, and giving respite to caregivers. Volunteers also gave nearly 600 rides to medical appointments or to shop.



CAREGIVER SUPPORT is helping many spouses and family caregivers better care for their loved one. In 2009 over 400 hours of support were given to 71 caregivers.



Helping Hands Outreach to Elders has been thoroughly reviewed and certified by the Minnesota Charities Review Council as meeting all accountability standards for non-profits. You can read our full review at www.smartgivers.org. We strive for transparency to honor your financial support. Thank you!



LESS THAN 9 CENTS of your dollar goes to Administration & Fundraising!

More on the back -

- 2008-2009 Expense Report
- Our Board Members
- Employer Match?



January Donations

If you have made a donation and do not see your name please let us know.

Ken & MaryAnn Buttweiler
 Jeff & Donna Fromm
 Kraft Foods
 Wellspring
 Allan Skroch
 Earl & Carol Hoffmam
 Emily Becker
 Ray & Dolores Warga
 Bob & Kim Primus
 Art Terwey
 Frank & Ione Patrick
 Fred & Lorraine Lentz
 Doug & Lynn Legatt
 Clarey Schueler
 Dave & Joyce Lange

Gene & Joan Koopmeiners
 JoAnn Pinke
 Goebel Dairy
 St. Isidore Council #9307
 Victor Pogatchnik



Andrew & Sharon Kuklok
 Sheila Notch

Gerry & Carol Johannes
 Emil & Bernie Dullinger
 George & Cheryl Kuklok
 Lorraine Jarnot
 Bob & Nancy Kleve
 Lorraine M. Jarnot
 Jessica Osterholt
 Don & Bernie Bartkowitz
 Angie Nentl
 Loren & Joann Philippi
 Don & RoseAnn Pflueger
 Ken & Donna Warzecha
 Jordan Ebnet

MEMORIALS

Betty Ann Czech in Memory of Ervin Czech
 Emily Becker in Memory of the Becker & Vasecka Family
 Mark Kociemba in Memory of Rose Marie Kociemba
 Ken & Ann Roering in Memory of John & Dina Roering
 Delphine Dombovy in Memory of the Pollock & Dombovy Family
 Rose Kapsner in Memory of Edmund Kapsner
 Frances Breth in Memory of Mike Breth
 Tom & Jeanette Stodolka in Memory of Nick & Clem Stodolka
 Idella Schneider in Memory of Stella Heitzman
 Lucille Huls in Memory of Kevin, Richard, & Mary
 Connie Young in Memory of Ray Young.



Subject: Work vs. Prison

in case you ever get these two places mixed up, this should make things a little bit clearer.

@ Prison



- You spend the majority of your time in a 10x10 cell
- You get three meals a day fully paid for
- You get time off for good behavior
- The guard locks and unlocks all the doors for you
- You can watch TV and play games
- You get your own toilet
- They allow your family and friends to visit
- All expenses are paid by the taxpayers with no work required
- You spend most of your life inside bars wanting to get out
- You must deal with sadistic wardens

@Work



- You spend the majority of your time in an 8x8 cubicle/office
- You get a bread for one meal and you have to pay for it
- You get more work for good behavior
- You must often carry a security card and open all the doors for yourself
- You could get fired for watching TV and playing games
- You have to share the toilet with some people who miss the seat
- You aren't supposed to speak to your family
- You get to pay all your expenses to go to work and they deduct taxes from your salary to pay for prisoners
- You spend most of your time wanting to get out and go inside bars
- They are called managers



Something wrong with this picture?

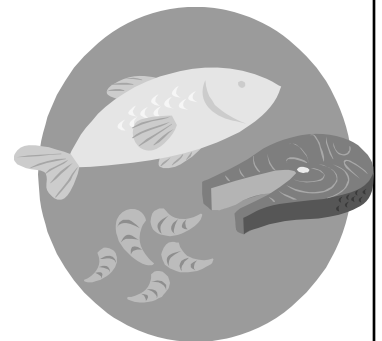
Five Parish Fish Fry Fundraiser

Fish Fry sponsored by the Five Parish Youth Group will be held on February 19, March 5, and March 19 at Pelican Lake Ballroom serving from 5-8:30pm. Cost is \$8 adults and \$5 for ages 4-12.

If you are an elder and are homebound or don't like to drive in bad weather meals can be delivered to your home by the youths.

Please call Gloria Brinker at 320-746-2101 ext 2 and leave your name and phone number, she will return your call for your address and number of meals. Meals will be delivered between 5 & 6pm.

Proceeds are used for the summer retreat for the youth of the Five Parishes.



HAPPY VALENTINES DAY





*Helping Hands
Outreach*
“Helping people remain in their homes”

UPCOMING EVENTS

February 10 is a shopping trip to St. Cloud. If you would like to shop or have things picked up for you call our office.

February 11 our Community Luncheon at 2pm at the Holdingford Legion. You don't need to belong to anything, you just need to like having a good time, visiting and enjoy a delicious lunch. All this for a \$2 donation.

February 16 our monthly support gathering will be held at 5pm at the City Center. This is open to anyone who would like to know more about what Helping Hands is all about and what we are doing. Please let us know if you would like to attend as there will be a light supper.

February 22 tentative plans to go to the Conservatory in the cities, enjoy the warmth, and all the flowering plants. Leaving at 9:30 am, cost \$10.

March 19 there will be a speaker from the Orphan Train in Cold Spring at 9:30 am. Leave her about 8:45. Cost \$5.

If you would like to go to either of these, please call our office as soon as possible to get on the list.

A number of you asked for the recipe for the salad we served on our January 21 luncheon so here it is.

1 head of lettuce
1 head cauliflower
1# bacon cooked and crumbled.

Dressing:

1 cup mayonnaise (not Miracle Whip)

1/4 cup sugar

3/4 cup shredded parmesan cheese.



TRIVIA, WIN A PRIZE!!!!

In celebration of our 10th anniversary we are starting a new Helping Hands trivia game! Every month look for the trivia question in our newsletter. If you know the answer **call our office or mail in your answer.** We will draw from the correct answers on the 1st of the month for a prize. You could win a \$10.00 gift certificate or some other prize from a local merchant. At the end of the year we will have one big drawing from all the correct entries to win a \$ 100.00 prize!!

The trivia question for the month is:

What is the physical address of the first Helping Hands office?

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Shari's Sharing

by Shari Streit
Health & Wellness Coordinator

February is Heart Health month. One way to protect your heart health is by getting regular dental check ups. Otherwise bacteria from bad teeth can infect the heart and make you very weak. The St. Cloud Technical College has a dental clinic you can visit and get a routine cleaning for \$30.00 or a deep cleaning for about \$60.00. This includes an exam by a Dentist. Ex-Rays are \$22.00 a set. This is a inexpensive way to get routine oral care. The phone number is: 320-308-5919. Of course another way to protect your physical heart is by getting regular aerobic or endurance exercise. Your emotional heart needs protection too. Before resentment and anger build up too much and cause an ulcer, heart attack or depression, go see a counselor or clergyperson. Depression is more common this time of year just because of the lack of sunshine. It has a name: Seasonal Affective Disorder or S.A.D. Extra vitamin D or "light therapy" can help with this. Some people will take anti-depressant medication just for the fall and winter and then go off the medicine for the spring and summer when they can get outdoors more. Come to our Wednesday exercise class to benefit your physical and emotional heart.



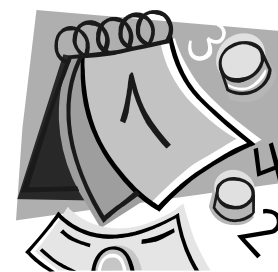
In Loving Memory

of those who passed away in Jan and to those we may not know of:

- Sidney Loehlein
- Frank Pueringer
- Stella Heitzman
- Steve Kociemba
- Tom Ebnet
- Ray Young
- Ervin Klimmek
- Andrew Heinen

Caregiver Support Group Meeting!

February 25th at 10 am is when we will meet at our office for learning, laughter and support for all Caregivers. We will try to meet every 4th Thursday of the month. We will alternate between morning and evening



meetings. Our March meeting will be at 6:30pm on the 25th. Let us know if you want us to set

up respite care for your loved one so you can get out and spend some time on yourself for a change! 746-9960.

ADULTS WITH DISABILITIES



You are all invited to our activities, like our monthly luncheons usually on the third Thursdays of every month. Our next Community Luncheon is set for **Feb. 11th**. Please try to join us. We're still hoping to hear from anyone who may need some support—we have been networking with providers and gathering more resources that be of help! Call us.

Change of Address? Please give us a call if you have a change of mailing address or want to be removed from our mailing list. Thank you.

320-746-9960

You have wheels—we'll travel



We are looking for a dependable used car that we can use at Helping Hands and that our volunteers can use to give rides. We're also looking for a passenger van when we take small groups of people shopping and for outings. Thank you.

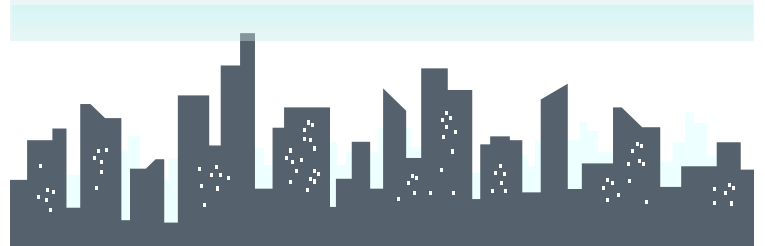
A Typical Story

Elaine (name changed) had been active in our community all of her life. When she retired, she drove as a volunteer for Helping Hands.

She developed back problems and needed to go the Chiropractor once a week. She was able to drive herself until her conditions declined and no longer was able to drive. Now she became the one who needed help. Helping Hands is now providing transportation for her so that she can make it to her appointments and remain in her home.

Match Anyone?

From time to time we remind our supporters to check with their place of work if their employer matches their donations or their volunteer time. This has been a great boost to our bottom line in the past. We thank you!



Funded in part under contract with the Central MN Council On Aging as part of the Older Americans Act Program.

2007-2008 Expense Report

Direct Volunteer Services	\$51,771
Education & Training	\$28,677
Information & Referral	\$17,122
Social Experiences	\$10,072
Admin. & Fundraising	\$10,052
	\$117,694

Employer Match? Many employers match their active OR retired employee's contributions of time or money. They may even **double** your contribution. Please ask your employer or former employer about this and consider getting your contribution matched if available. Make your donation work **TWICE** as hard!

We are a 501(c)(3) tax-exempt non-profit organization, so your donations are fully tax-deductible as allowed by law.

Helping Hands Outreach

Serves persons age 60 and above or adults with disabilities in our service area regardless of race, color, gender, religion, income, nationality, or ability to pay.

Many Ways To Give

You can make a multi-year pledge, or start a memorial fund to honor a loved one like the Lorraine Wentland Family Fund. Consider including us in your will or starting an annuity that pays you an income for life with proceeds going to Helping Hands after your death.



Please consider making a contribution!



You may use the enclosed envelope or use one of the other ways to give suggested at our website at

www.holdingfordhelpinghands.org

The Board Deeply Appreciates Your Support

Sonia Browen
Joe Christensen
Lenore Dawson
Judy Heitzman
Pat Kotzer
Alisha Kruger
Karen Larsen
Marcia Opatz
Ernie Schmit
Mary Stalberger
Dave Streit
Don Tembruell

746-9960