



# Helping Hands Outreach

*"Helping people remain in their homes"*

Vol. 15 No. 2

March-April 2016



**Frank Haynes**  
Executive  
Director

## All about Alzheimer's

By now we hope you are aware of the commitment Helping Hands Outreach is making to educate the communities we serve and work with older adults and their caregivers regarding Dementia and Alzheimer's Disease. To accomplish our goals we need your support AND participation.

If you are a Helping Hands volunteer please be open to attending one of our volunteer training programs in the upcoming months. We will be contacting numerous volunteers or you can contact us if you want to be included.

If you, or someone you know, want to learn more about Alzheimer's Disease, attend one of our public presentations. We are working with the Western Minnesota Chapter of the Minnesota-North Dakota Chapter of the Alzheimer's Association to provide this information and the first two events are in March and April (see details inside).

Information is included in the special Alzheimer's insert you will find in every newsletter as part of this program. As you will see below, Alzheimer's Disease is something everyone needs to be more aware of and we're here to make it easy for you. This programming is supported by a grant from the Minnesota Board on Aging.



It's the only cause of death in the top 10 in America that **CANNOT BE PREVENTED, CURED OR SLOWED.**



**ALMOST TWO THIRDS** of Americans with Alzheimer's disease are women.



**1 IN 3** SENIORS dies with Alzheimer's or another dementia.



Only **45%** of people with **ALZHEIMER'S** disease or their caregivers report **BEING TOLD OF THEIR DIAGNOSIS.**



More than **90%** of people with the four most common types of **CANCER** have been **TOLD OF THEIR DIAGNOSIS.**



By 2050, these costs could rise as high as **\$1.1 TRILLION.**



In 2015, Alzheimer's and other dementias will cost the nation **\$226 BILLION.**

This visual provided by the Alzheimer's Association, [www.alz.org](http://www.alz.org).

## Foundations and Agency Support

Helping Hands Outreach appreciates the support we are currently receiving from the following foundations and agencies:



- ◆ Benton Telecommunications Foundation
- ◆ CentraCare Health Foundation
- ◆ Central Minnesota Council on Aging
- ◆ Initiative Foundation
- ◆ Minnesota Board on Aging
- ◆ Minnesota Department of Human Services
- ◆ Medica Foundation
- ◆ The Mardag Foundation
- ◆ Women's Flexible Fund of the Central Minnesota Community Foundation

## Food Program For Seniors

If you are over the age of 60 you could qualify to receive a monthly food basket through the Nutrition Assistance Program for Seniors. Income requirements apply, call Helping Hands for details, 746-9960.



*The services of Helping Hands Outreach are funded in part under contract with the Central MN Council On Aging as part of the Older Americans Act Program.*

## Respecting privacy

We depend on our volunteers to help us serve others. Just a reminder that it's important as volunteers to respect other's privacy and not talk about their situation with others. You are an important part of Helping Hands and for that we thank you!

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## Check out our Walking Passes

Helping Hands has several walking passes available for check-out for the indoor walking program at the Holdingford High School. Passes can be used anytime from 3:30—9 p.m. on days when school is in session and on Sunday's during open gym from 2– 4 p.m. Call some friends, then call us and reserve some passes today.

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Check us out online at: [www.holdingfordhelpinghands.org](http://www.holdingfordhelpinghands.org) and our Facebook page, Holdingford Helping Hands.

## Outing Opportunities: On the road again!

Contact us now to reserve your seats on our next two outings:

**Ole & Lena's 50th wedding anniversary show:** Tuesday May 10, Paramount Theatre, St. Cloud

**Sisters of Swing (A tribute to the Andrews Sisters):** Tuesday June 28th, Paramount Theatre, St. Cloud



We will depart at 11:45 from Helping Hands, 12:15 from St. Stephen Catholic Church and return around 4:00. Cost is \$25.00 which includes a ticket and transportation. **You must pay when signing up** because we have to order the tickets early. Call 746-9960.



### Thank you Greg!

Helping Hands outreach wants to thank Greg Gerads for the many years of service, he has given to our clients.

Greg and Doreatha are leaving our area and moving closer to family.

We could always count on Greg to take on last minute service projects, especially giving rides. He also picked up our newsletter from the printer in Sauk Center.

With Greg's departure we are in need of volunteers to provide transportation and pick up our newsletter every other month. We will miss you!



### Top Reasons to Volunteer

1. Your mom would be proud of you.
2. Your family could use a break from you
3. You might need help yourself some day.
4. It's hard to win a game of solitaire
5. Soap operas all sound alike.
6. If you don't go out each day, you get old.
7. The car needs a workout.

### We celebrate you at our annual Volunteer Appreciation



"Thank you for all you have done for us." We get notes like this all the time from thankful people who were served by Helping Hands and its volunteers. On behalf of the 115 persons whom you helped us serve last year, we thank you, volunteers! Let us celebrate you, please join us:

**May 4th, 2:00, Volunteer Appreciation Luncheon, Holdingford Legion. Entertainment by singer Terry Nelson.**

*"It's not for money or fame. It's not for any personal gain. It's just for love of fellow-man, It's just to lend a helping hand."*

- author unknown

### Tidy up with Lisa

Helping Hands is pleased to share that volunteer Lisa Mueller has offered her services for helping local elders organize their homes. Call us at 746-9960 to schedule an appointment.



## UPCOMING EVENTS



**Feet First Clinic:** Holdingford City Center **1st Tuesday** of the month. Contact Lenore Dawson, 320-249-7240 to arrange for a foot check-up.

**Exercise and Line Dancing every Wednesday:** Holdingford City Center, 9:15-10:45 am You will love how Loretta Fischer makes this a fun class!

**Water aerobics/ Lap Swimming:** Wednesdays 7:00—8:00 pm, Holdingford High School, fee is reduced for seniors.

**The Age Wave (how the aging of America will impact your community):** Monday March 7, 6:30 Holdingford City Center, sponsored by Holdingford Chamber of Commerce, free

**Know the 10 signs of Alzheimer’s Disease:** Tuesday March 8, 7 pm, Holdingford Legion Club, free and open to the public.

**How to become a Dementia Friendly Community:** Monday April 4, 6:30 p.m. Holdingford City Center, sponsored by Holdingford Chamber of Commerce, free

**April Lunch:** Wednesday April 6th, 2-4 pm, Holdingford Legion; program, 3:30 lunch.

**Spring Health Screening:** April 8th, 9 a.m.—noon, Holdingford City Center, free, over a dozen health screening stations (see related story in newsletter).

**Alzheimer’s Disease: The Basics:** April 12th, 7 pm, Holdingford Legion Club, free and open to the public

**May 4th Luncheon includes our Volunteer Appreciation:** Wednesday May 4th, 2-4 pm, Holdingford Legion; program, special music, lunch at 3:30.

**Senior Lunch Program:** Every Tuesday, Holdingford City Center, noon, \$4 for a hot meal and great conversation.

## Cost Sharing information

As a volunteer-based organization there are many costs associated with operating our programs and providing our services. No one is denied services because of an inability or unwillingness to make a donation.

It is our policy to provide everyone receiving our services with a Cost Sharing Scale to help them determine what they might pay if they are able to contribute toward our costs.

A full-sized copy of this document is available by calling Helping Hands Outreach offices in Holdingford at 746-9960.



Even though our volunteers donate their time generously, we still have fixed costs to continue our program like personnel, office rent and supplies, utilities, and insurance. This sheet will help you determine a suggested amount to contribute for services you receive if you are able and willing to do so. Thank you!

Your Annual Income 1 Person household is between	Your Annual Income 2 person household is between	Suggested % of Our Cost To Pay
\$0 and \$11,170	\$0 and \$15,130	0%
\$11,171 and \$16,755	\$15,131 and \$22,695	10%
\$16,756 and \$22,340	\$22,696 and \$30,260	25%
\$22,341 and \$27,925	\$30,261 and \$37,825	50%
\$27,926 and over	\$37,826 and over	100%

**How to Determine Your Cost Share -**

- 1) On the Guidelines chart above, determine your % based on your household size and income.
- 2) Next look to the right to the last column to find your suggested percentage of our cost to pay.
- 3) Refer to the chart below and find the service you are receiving with our cost next to it.
- 4) Then look at your percentage column to find the suggested amount for you to pay.

Cost per unit (including personnel, office supplies, utilities, telephone, insurance)	Suggested Cost Sharing				
	10%	25%	50%	100%	
Homemaking	\$16.19 each hour	\$1.62	\$4.05	\$8.10	\$16.19
Chore	\$10.35 each hour	\$1.04	\$2.59	\$5.18	\$10.35
Transportation	\$24.34 each ride	\$2.43	\$6.09	\$12.17	\$24.34
Caregiver Consultation	\$43.84 each hour	\$4.38	\$10.96	\$21.92	\$43.84
Caregiver Education	\$32.00 each session	\$3.20	\$8.00	\$16.00	\$32.00
Respite for Caregivers	\$10.79 each hour	\$1.08	\$2.70	\$5.40	\$10.79

Please note that NO ONE will be denied services because he or she is unable or unwilling to make a donation!

*"Our Mission is to help create a healthy community where older adults and adults with disabilities want to live and be a vital part of the community."*

Helping Hands Outreach 511 Main St. PO Box 293, Holdingford, MN 56340-0293 320-746-9960  
<http://holdingfordhelpinghands.org> [info@holdingfordhelpinghands.org](mailto:info@holdingfordhelpinghands.org)

## DONATIONS OF LOVE

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

### **Thank you for your ongoing support**

Loran Abraham	Marvin Klimek	Andy & Lois Solinger
Carlos Aguilar	George & Cheryl Kuklok	Kathy Schueler
John Ebnet	Robert & Isabelle Lane	St. Stephen Sentry Bank
Geraldine Fenlason	Mauice & Linda Meyer	Ralph & Mary Stich
Michael & Julie Gillen	Loretta Panek	Kim Sueoka
Goebel Dairy	Odilia Panek	Thomas & Jeanette Stodolka
Mike & Jackie Higgins	Loretta Petersen	Ralph Vos
Geraldine Fenlason	Marcella Piasecki	William & Ruth Vouk
Rose Kapsner	Leroy & Betty Pollock	Gerard & Marge Wentland
Joe & Sue Katzer	Michael & Kathryn Ruprecht	

### ***Donations Made to Honor or in Memory of Loved Ones***

Betty Czech in memory of Ervin Czech

Rita M. Stangler in memory of Stangler & Kantor Family

Elisabeth Studer in memory of Roger Studer

Idella Schneider in memory of Joan Rahn, mother of Kathy Lyon

Arlyn & Marcia Lawrenz in memory of Joan Rahn, mother of Kathy Lyon

### **Silver and Fit Program**



Check your Medicare or health insurance policy, if you have the Silver and Fit Program you could qualify for free exercise sessions at Heart & Sol Wellness in Holdingford. Contact Sarah at Heart & Sol Wellness for all the details 746-3300.



### **Phone Library makes Alzheimer's info Available Anytime**

Helping Hands has a new after-hours phone library. Simply call us at 746-3300 after 4:00 p.m. and on weekends and follow the voice prompts to enter the library. You'll find updates on our local programming and information on Alzheimer's Disease. This library was funded by the Minnesota Board on Aging.



**Shirley Willoughby**  
Health & Wellness  
Coordinator

## **Potassium important part of healthy diet**

Often when I met with people during a healthy visit we chat a little about healthy living through healthy eating. One thing I mention is the importance of getting enough potassium in your diet.

Of course the next question is usually “What foods are high in potassium?” The answer is simple, fruits and vegetables!

Fortunately it can be pretty simple to eat fruits and vegetables, not only at mealtime but as snacks throughout the day. Fruits and vegetables also add color, and thus appeal, to your meals and snacks.

Potassium is an essential nutrient used to maintain fluid and electrolyte balance. Too little potassium can cause a person to experience fatigue, irritability, and high blood pressure. And it’s almost impossible to have too much potassium from natural sources in your diet, unless you have special conditions. In other words, enjoy fruits and vegetables whenever you can.

Food	Amount	% Daily Value
Beans, especially white	½ Cup	13% Daily Value
Spinach	½ Cup	12% Daily Value
Potatoes with skin	Average Size	26% Daily Value
Acorn squash	½ Cup	13.5% Daily Value
Yogurt	1 Cup	18% Daily Value
Fish: halibut, salmon	3 Oz	15% Daily Value, 13 % DV
Bananas	Average Size	12% Daily Value
*The Percent Daily Value is based on a 2000 calorie diet.		

Health benefits of consuming a diet rich in potassium include:

- Increased bone density, especially for older men and women
- Decreased risk of stroke due to reduction in blood pressure and increased consumption of fruits and vegetables.
- Reduction in the formation of kidney stones.

Potassium is found in a variety of foods; refer to the table above to find examples of foods high in potassium.

## **Friday April 8th—the fair is coming to Holdingford**

Mark your calendar and be sure to attend our free Health Screening Fair on Friday April 8 from 9 a.m.— noon. The fair will be held at the Holdingford City Center. This fair is for everyone over the age of 50 and will include stations providing you with information on: hearing, healthy sleep, blood pressure, nutrition, healthy balance, vision, exercise, dental health and more!

This Health Screening Fair is sponsored by Helping Hands Outreach and the Healthy Aging Coalition, a partnership of: Whitney Senior City/City of St. Cloud, Central MN Council on Aging, St. Cloud State University, Catholic Charities, CentraCareHealth, College of Saint Benedict/Saint John’s University, SPOT Rehab and Home Care, Ridgeview Place AL/Tealwood, and Central MN Parish Nurse Ministry.

## St. Stephen/Brockway

### Let's Face It...

Caring for an aging parent or someone with a chronic illness such as dementia, heart disease, Parkinson's disease or stroke can be stressful physically, emotionally and financially.

We will be offering in St Stephen, **Powerful Tools for Caregivers**

An evidenced-based educational program/support group.

#### Power Tools for Caregivers can help:

- Reduce stress.
- Improve self-confidence.
- Better communicate your feelings.
- Balance your life.
- Increase your ability to make tough decisions.
- Locate helpful resources.
- Help other caregivers cope too.

#### Class meets once a week for 6 weeks.

Dates: Thursdays May 5<sup>th</sup> – June 2<sup>nd</sup>

Time: 6:00 PM – 8:30 PM

Location: St Stephen City Hall

*\*Respite available on an individual basis.*

#### To Register Contact:

Denise Leahy 320-333-6442 or Helping Hands office 320-746-9960

(\$25.00 registration fee covers the cost of the Matter of Balance textbook.)

### St Stephen Community Luncheon

Third Tuesday 1:00 pm.

At the St. Stephen Church Hall

#### Upcoming dates

**March 22nd**

**April 19th**

Join us and bring a friend!



### Upcoming Events

**Afternoon Cards Playing 500:** Mondays 1:00– 3:30 at the City Hall

**Exercise Class:** Wednesdays 1:00— 2:30 at the Church Hall

**Luncheon:** Third Tuesday of the Month 1:00 at the Church Hall

**Need assistance:** call Karen

**Interested in Volunteering:** call Karen

**Caregiver Support:** call Denise

#### St. Stephen Contacts:

Denise Leahy: Caregiver Support  
320-333-6442



Karen Skaj: Site Coordinator  
320-252-5772



*The services of Helping Hands Outreach are funded in part under contract with the Central MN Council On Aging as part of the Older Americans Act Program.*



*The St Stephen/East Brockway Expansion Project is funded in part by Benton Telecommunications Foundation. Thank you for your support in helping provide the services of Helping Hands Outreach in St Stephen and the surrounding area.*



*The St. Stephen/East Brockway Expansion Project is supported in part by a CS/SD grant from the Department of Human Services (DHS). Points of view or opinions do not necessarily represent official DHS policy.*

## Join our Alzheimer's Education Team!

Helping Hands Outreach is offering various Alzheimer's education programs within the area we serve. Programs include public education about dementia; volunteer training on helping others deal with Alzheimer's, early identification memory screenings; partnerships with area healthcare providers to offer cognitive testing; and outreach to connect caregivers to Alzheimer's Disease related services and resources.

Alzheimer's Disease information will be made available through our newsletter, phone library, website and community education events. We invite everyone to get involved by joining our Alzheimer's Education Team (see application on back).

Alzheimer's Programming of Helping Hands Outreach is funded through a grant from the Minnesota Board On Aging (MBA). The MBA is the gateway to services for Minnesota seniors and their families. MBA listens to senior concerns, researches for solutions, and proposes policy to address senior needs. In addition, MBA administers funds from the Older Americans Act that provide senior services including Senior LinkAge Line®, Insurance Counseling and more.

## Alzheimer's Support Resources

**Alzheimer's Association Helpline:** operates 24 hours a day, seven days a week. Staff is highly trained and knowledgeable about all aspects of Alzheimer's disease or related dementias. Call for support, information and resources, 1.800.272.3900.

**Family and Individual Care Consultation:** a service that can help you and your family develop a road map to navigate through the many thoughts, emotions, and questions you may have about memory loss and dementia. Call the Alzheimer's Association 24/7 Helpline at 1.800.272.3900 to request a care consultation

**All things Alzheimer's" KNSI Radio Show:** The "All things Alzheimer's" radio show in St. Cloud is the second Tuesday of every month beginning at 7:35 a.m. KNSI Radio is AM 1450 and FM 103.3.

**Caregiver Support Group:** Mother of Mercy Campus of Care, Albany, the second Saturday of each month at 10 a.m. Caregiver support group meetings focus on emotional support, sharing experiences, and exchanging information specific to dementia. On-site respite care is available. Contact Joan Eisenschenk at 320-247-2714.

## Alzheimer's Education Events:

**Preparing for the Age Way:** Monday March 7, 6:30 Holdingford City Center

**Know the 10 signs of Alzheimer's:** Tuesday March 8, 7 p.m. Holdingford Legion

**Health Screening Fair:** Friday April 8, 9 am—noon, Holdingford City Center

**Becoming a Dementia Friendly Businesses/Community:** Monday April 11, 6:30 Holdingford City Center

**Alzheimer's Disease Learn the Basics:** Tuesday April 12th, 7 p.m. Holdingford Legion





## Alzheimer's Education Team Membership Form

Get involved, help us become an Dementia Friendly Community, Join our Alzheimer's Education Team:

1. Complete and submit the membership information (top half) to Helping Hands Outreach.
2. Keep and use the Education Team Activity Log (bottom half) to:
  - A. Track your attendance at Helping Hands Educational Programs.
  - B. Track names of those you share Alzheimer's information with.

Complete all Education Team tasks and submit the log to Helping Hands to help us build our team.

Membership information:

Name: \_\_\_\_\_ Address: \_\_\_\_\_  
 City, Zip: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Email address: \_\_\_\_\_

**Important: To join the team, detach and return the above form to Holdingford Helping Hands. Keep the Education Team Activity Log below to track your activities.**

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### Alzheimer's Education Team Activity Log

- Membership information submitted (date): \_\_\_\_\_
- Education programs attended:  
 Program 1: Attendance date: \_\_\_\_\_ Program 2: Attendance Date: \_\_\_\_\_
- List the names of everyone you shared Alzheimer's Information with:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

When list is full please submit to Helping Hands Outreach.

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## Celebrate someone!

The first full day of spring is Sunday March 20th. Good bye winter!



Spring is a time of rebirth, renewal and the celebration of what is to come.

Enclosed with this newsletter is a self-addressed donation envelope. If there is someone you would like to celebrate this spring we invite you to include their name (s) with your donation and we will celebrate them in our next newsletter.

Happy Spring, let's celebrate!

The logo for Central Minnesota Credit Union features a stylized "CM" monogram in black. To the right of the monogram, the words "Central Minnesota" are stacked above "Credit Union" in a serif font. Below the monogram and text, the tagline "Centered on you." is written in a sans-serif font.

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### *Helping Hands Outreach—Our Mission*

*"Our mission is to help create a healthy community where older adults and adults with disabilities want to live and be a vital part of the community."*

