



Vol. 18 No. 2

March-April 2019

## ***Upcoming Events***

### **Weekly Lunches**

#### **Noon**

Mondays in St. Stephen at The Rusty Nail

Tuesdays in Holdingford at City hall

### **Monthly Lunch & Learns**

#### **11:30 am**

**March 14th at Holdingford Legion**

**March 19th at St. Stephen Church Hall.**

*Theme will be a Luau party. Be sure to wear something Fun! Our speaker will be talking about Fraud Protection at the Holdingford Lunch. Bingo to follow.*

**April 11th at Holdingford Legion**

**April 16th at St. Stephen Church Hall.** *We will be celebrating spring (fingers crossed). Our speaker will be Ann Neu a Registered Dietitian speaking on nutrition at both lunches. Bingo to follow.*



***Join us for  
Coffee & Conversation Mon-  
day March 25th, and Monday  
April 29th 9-10 a.m. Held at  
Helping Hands Day Center  
in Holdingford.***



### **Feet First Clinic**

#### **Holdingford City Hall**

1st Tuesday of the month  
9:00 a.m. to noon.

No appointment necessary.

#### **St. Stephen Parish Hall**

1st Wednesday of the even months  
1:00 pm.

Questions please call  
Lenore Dawson at  
320-249-7240.

### **Exercise**

#### **Wednesdays**

Exercise and line dancing  
**Holdingford City Center**  
9:15-10:45 a.m. Leader  
Loretta Fischer

**St. Stephen Church Hall** 1:00-  
2:30 pm Leader Lorene Deford.

#### **Friday**

**Holdingford American  
Legion** 9:30 -10:30 a.m. Lead-  
er Shirley Willoughby

Our Spring Health Fair will be  
on Tuesday May 21<sup>st</sup> in  
St. Stephen at the parish hall.  
10:00 - 12:00 with our Lunch and  
Learn meal following.

## *To all who gave to our Annual Appeal*

*I am overwhelmed by the support that our community has given to Helping Hands. In total we raised over \$15,000 to help our area seniors and adults with disabilities stay in their homes.*

*Thank you! Carol Lundquist, Executive Director*

Cathy Adolf • Louise Adolph • Shirley & John Adrian • Lois Angulski • Rita & David Auer • Michael Balder  
 Pelican Lake Ballroom • Ken & Helen Bechtold • Kevin Behrend • Lucy Bernick • Tim & Sharon Berscheid  
 Leroy & Kathleen Beuning • Harvey Beutz • Leo Bieniek • JoAnn Binsfeld • Chet & Rosie Blascziek  
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 Dale & Kathy Bruns • Ervin Bueckers • Lance Bukowski • Mary Ann Buttweiler • Rick & Barb Calgaro  
 Lezlie Carlin • Marvin & Elizabeth Caspers • Joanne Christensen • Community Country Church • Lenore Dawson  
 Albany Family Dentistry • Carolyn Deters • Leroy & Joan Dobis • Art & Mavis Durene • Evelyn Ebnet  
 Herman & Bernice Ebnet • Joyce Ebnet • Kim & Stephen Ebnet • Warren & Bernice Eiden • Doris Elfering  
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 Norbert & Virginia Fiedler • We Haul For You • Jacob & Carla Fowler • Ronald & Joan Frie • Jeff Fromm  
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 Alphonse & Elizabeth Hartung • Edwin Hartung • Mary Ann Hartung • Joyce Hasch • Frank Haynes • Peder Hegland  
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 Annette Lange • Kevin Lange • Lee & Bernadette Larkey • Karen Larson • Clarence & Darleen Legatt  
 Dennis Legatt • Jerome Legatt • Matthew & Karen Legatt • Bowlus American Legion Post #642 • Lorraine Lentz  
 Donald Litchy • Evelyn Locnikar • Stephen & Robin Maciej • Kevin Mader • Brian & Monica Maine  
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 Heart & Sol Wellness Center • Don & Carol Wenderski • Mary Anne Westbrook • Ed & Sharron Westsrom  
 Ray & Carol Wilczek • Louise & Leroy Winkler • Kathy Wohletz • Jeanette Woidyla • Steve & Donna Woidylla  
 Steve & Karen Wood • Scott & Laurie Yamry • Dennis & Sharon Yurczyk

## HELPING HANDS OUTREACH SERVICES

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- ◆ Support and Respite
- ◆ Health & Nutrition Education
- ◆ Exercise & Fitness Activities
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- ◆ Social Gatherings & Outings
- ◆ Medical Equipment Lending ...  
walkers, wheelchairs, canes, raised toilet seats, shower chairs, stocking aid.

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Please Contact us if you have a change in address, phone number, or email address so that we can keep our records up to date.

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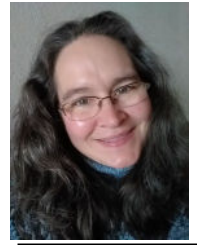
A BIG THANK YOU to CMCOA (Central MN Council on Aging) for donating 30 weight sets to Holdingford and St. Stephen for use during our exercise classes!



## Investing in Muscles And Our Spring Health Fair in St. Stephen

It's alarming how fast we lose our muscle strength. Did you know that both men and women tend to lose 5 pounds or more of muscle tissue each decade from age 25-55, and as we approach the 50's that rate doubles!

This muscle loss puts us at a greater risk of injuries from weakened bones and falls, and often means reduced lifespan in ages 65 and over.



**Lorene DeFord**  
Health and  
Wellness Coordinator

Here are some great ways to invest in maintaining your muscles:

- \* Tai Ji Quan: This is an excellent class for building muscle strength with very slow, relaxing movements, while helping with balance.
- \* Regular Exercise and SAIL classes: SAIL is acronym for 'Staying Active and Independent for Life' These classes are going to help you with getting in the required minutes of suggested exercise weekly, which includes a bit of cardio, strength and balance.

Think of these classes like a savings account for your health...give Helping Hands a call at (320)746-9960 or me, Lorene at (320)250-0585 to be added to our interested list or if you would like more information.

**Our Spring Health Fair will be on Tuesday May 21<sup>st</sup> in St. Stephen at the parish hall.**  
**Time: 10:00 - 12:00 with our Lunch and Learn meal following.** We will be having a nice bunch of vendors available with health screenings and lots of great information. More details will be in the next newsletter.



The **City of Holdingford** is offering several events designed to share our heritage and help winter pass a little faster. These are open to the public.

- **Baking Placek (Polish Coffee Cake)** Sunday March 24 1:00-4:00 p.m.; Holdingford Community and Adult Day Center. Registration:\$5 (includes a free coffee cake) call 746-2966 to register (12 person limit). Learn the secrets to making traditional Polish Placek from local baker Linda Breth. You will also make your own Placek to take home. Bring a favorite ethnic recipe to share with others.
- **Drawing landscapes and farms** Sunday April 28, 1:00-4:00 pm Holdingford Community and Adult Day Center. Registrations \$5 (includes all art materials) call 746-2966 to register (12 person limit). Enjoy a beginner art class for everyone by professional art instructor Jacki Higgins. This program will provide an enjoyable drawing experience that will enable you to begin creating your own landscapes. Bring a favorite family photo of your home/farmstead to share.

This program is sponsored by the City of Holdingford and Holdingford Chamber of Commerce and made possible by the voters of Minnesota through a grant from the Central MN Arts Board, thanks to a legislative appropriation from the arts and cultural heritage fund.

## Volunteers Needed:

- Volunteers to cook, or help serve the monthly Lunch and Learn meal in Holdingford, the 2nd Thursday of the month. We still have a few months open yet for 2019
- Volunteer to be a fish aquarium attendant for the Adult Day Center
- Volunteer drivers.
- Men volunteers for coffee and conversation for home bound senior men.
- Volunteer to drop off Newsletters to the Waite Park Bulk Mail Distribution Center (six times per year).
- Do you or someone you know have a musical talent that could be shared? We would love to place you on our list of potential volunteers. Call 746-9960 if interested.
- In need of volunteer willing to do housekeeping.
- Volunteer painter to prime and paint one wall in the Helping Hands Office (may involve cookies :)
- Person to reupholster the seat on four chairs in Helping Hands Office.

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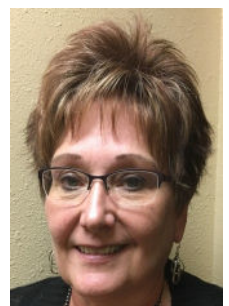
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Stacie Supan  
Program  
and Services  
Coordinator



Karen Skaj  
St. Stephen  
Service  
Coordinator

## Thank You For Your Donation!

Helping Hands Outreach is a 501(c)(3) tax-exempt non-profit organization; your donations are fully deductible.

### Monthly Supporters:

Joe & Sue Katzner  
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### In-Kind Contributions

Albany Home Bakery  
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Salvation Army  
Avon Food Shelf  
Traut Wells

### Donations

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Rose A Means  
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St. Wendel Sportsman Club

### Donations In Memory

Joe & JoAnne Christensen in memory of Delores Kantor  
Joan Pilarski - In memory of Bill Pilarski  
Gene & Laurice Kostreba - In honor of Roman & Applonia Wentland  
Rick & Barb Calgaro - In memory of Agnes & Otto Jendro  
Charlene Walberg - In memory of Harvey & Dale Harich  
Cletus & Linda Miller - In memory of Leonard Hartung  
Terry & Christy Morgel - In memory of Nickie, Marcie & Tommy Kuklok  
Ripplinger Plumbing - In memory of Paul Ripplinger Sr  
Cathy Adolf - In memory of Rodney Adolph  
Kathy Wohletz - In memory of Roger Wohletz  
Christine Maleska - In memory of Sandra Salzer  
Glen & Karen Solarz - In memory of Ted Solarz  
Terry & Sheila Voss - In memory of Vernon Sr, Kevin and Ruby Voss  
Dennis Meagher - In Memory of Violet & Kathy Meagher  
Thomas & Patricia Thome - Special thanks to Denise for taking care of my Dad, Ed Pintok



## Senior Driving Class

Drivers 55 years and older can take the senior driver class for a 10% auto insurance reduction. Classes will be held on March 5th, and 7th in **Holdingford at The Adult Day Center**. A refresher class will be held on March 7th for those who have taken the class before.

In **St. Stephen** the Classes will be March 26th and March 28th **at St. Stephen City Hall**. A refresher class will be held on March 28th for those who have taken the class before. Both classes are from 5:30 - 9:30 p.m. The cost will be \$20 at the door or \$18 if paid to Helping Hands by March 1st.

You will need to call Helping Hands to provide information on your drivers license including your first and last name, driver license number, address, and phone number. All checks should be written out to Helping Hands Outreach and can be mailed to: Helping Hands PO Box 293 Holdingford, MN 56340

Contact Helping Hands 746-9960 to register or Joe Christensen at 746-2619 with questions about the class.



**Drop off your Teals Market receipts** We continue to accept and benefit from your Teals Market receipts. Last year we received more than \$1600. Just drop them off at our office.

Thanks to volunteer and board member Joyce Ebnet for coordinating this (program) for us. We are looking for a new coordinator to take over processing Teals receipts.



If you have Medicare, Blue Cross Blue Shield or Health Partners health insurance, check if you have the Silver and Fit Program. If you do, you have several opportunities.

1. You can qualify for free exercise sessions at Heart & Sol Wellness in Holdingford. Contact Heart & Sol Wellness 746-3300.
2. You can support Helping Hands Outreach by helping us track your participation in our activities. The Silver and Fit program will donate to Helping Hands for each of our programs you participate in each month. Call us to get started, 320-746-9960.

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 Denise Leahy  
 Adult Day Center Director  
 Lorene Deford  
 Health & Wellness Coordinator  
 Karen Skaj  
 St. Stephen Service Coordinator  
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ELECTRONIC SERVICE REQUESTED

### *Helping Hands Outreach*

*"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."*



### **HOLDINGFORD AREA HISTORICAL SOCIETY**

**Accepting Donations and Area Historical Articles**

**Museum Hours by Appointment**

**Mike Odden 746-2991 \* Herman Ebnet 746-2506 \* Ernie Schmit 746-2603**

**Web info - [HoldingfordAreaHistoricalSociety](http://HoldingfordAreaHistoricalSociety)**



**HOLDINGFORD  
FIREFIGHTERS  
RELIEF  
ASSOCIATION**

### **Breakfast**

**SUNDAY MARCH 10, 2019**

**8:30 am to 12:30**

**Holdingford City Center**

Pancakes, Eggs, Sausage,  
Ham, Hash Browns, Fruit,  
Caramel Rolls, etc.



**Free will donation. Thank you.**

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

