



Vol. 18 No. 3

May-June 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

May 9 at Holdingford Legion. *We will have our Volunteer recognition, Lunch, and Music.*

May 21st in St. Stephen at the Church Hall starting at 10:00 a.m. we will have our **Spring Health Fair**, followed by lunch at Noon.

June 13th at Holdingford Legion

June 18th at St. Stephen Church Hall. *Theme will be Summer Fun! Come for Lunch and Bingo.*



Lets have some FUN! Join us on an outing to Alice's Attic East of Royalton on Thurs. May 16th for a *Fabulous Fifties* themed outing. We will have lunch in the Hayloft, and do a little shopping. Call Helping Hands Office by May 7th to reserve your spot. Cost is \$6.00 per person. Leaving Helping Hands at 10:45 a.m. Feel Free to dress "back to the fifties"! We will be happy to arrange a ride for you.

Join us for Coffee & Conversation

Monday June 24th, 9:00-10:00 a.m. Held at Helping Hands Day Center in Holdingford. Topic will be June Dairy Month Fun on the Farm, then and now.

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.

"Step back in time" Join our outing to Vintage Village Antiques in Osakis MN. Visit an authentic general store, farmhouse filled with antiques, tour the school. Enjoy coffee and rolls, A fun filled outing. Thurs. June 20th leaving Holdingford at 9:00 am. Cost is \$10.00 per person. Call our office by June 12th to RSVP. We will arrange a ride for you.

Like to Bowl? Join us at Albany Bowling Center Sat. May 4th at 12:00 pm. Cost is \$10 per person for two games of bowling, pizza and pop. Questions call David Trettel at 320-251-2237

Exercise

Wednesdays

Exercise and line dancing **Holdingford**

City Center 9:15-10:45 am Leader

Loretta Fischer.

St. Stephen Church Hall 1:00-2:30 pm

Leader Lorene DeFord.

Friday

Holdingford Legion 9:30-10:30 am

Leader Shirley Willoughby

Are You a Caregiver?

- ♦ Do you help someone with any of the following: groceries, medications, rides, chores, laundry, meals, walking, bathing, grooming, medical appointments, legal affairs, money or banking assistance?
- ♦ Do you live with a loved one that you don't feel comfortable leaving alone because of his/her health or safety?
- ♦ Do you think, worry, wonder, or feel concerned about how a loved one is getting along because of their age, need for help, health condition, or forgetfulness?
- ♦ Do you make frequent phone calls or visits to check on this person?

Did you know more than 500,000 Minnesotans provide care for a family member, friend or neighbor? Less than 19% of these people identify as a caregiver. People who don't know they are caregivers don't seek support. Source 2005 Survey of Older Minnesotans; 2001 AARP Caregiver Identification Study.

All caregivers have one thing in common-Life has changed. Caregiving brings many blessings, but also ever-changing roles and emotions, which can take their toll. Below is a list of 10 common signs of caregiver stress from the Alzheimer's Association.

1. **Denial** about the disease and its effect on the person who has been diagnose- -
-I know Mom is getting better.
2. **Anger** at the person living with a disease or frustration that he or she can't do the things that once came naturally- - -He knows how to get dressed - - -he's just being stubborn.
3. **Social withdrawal** *from friends and activities.*- - -I don't care about visiting neighbors anymore.
4. **Anxiety** *about the future.*- - -What happens when he needs more care than I can provide?
5. **Depression** *that affects your ability to cope.*- - - just don't care anymore.
6. **Exhaustion** *that interferes with daily tasks.*- - - I'm too tired for this.
7. **Sleeplessness** *caused by worrying.*- - -What if she wanders out of the house?
8. **Irritability** *that triggers negative responses.*- - - Leave me alone!
9. **Lack of concentration** *that disrupts familiar tasks.*- - - I was so busy, I forgot my appointment.
10. **Health problems** *that begin to take a mental and physical toll.*- -
I can't remember the last time I felt good.

If any of these common signs of stress are now part of your life as a caregiver, Please call **Helping Hands Outreach at 320-746-9960** and ask to speak with one of our Caregiver Consultants. Taking care of yourself is a vital part of the best care you can give your loved one.

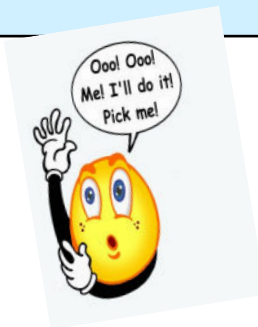
We can help you regain life balance.



Carol Lundquist
Executive Director

HELPING HANDS OUTREACH SERVICES

- ◆ Transportation
- ◆ Homemaking & Chores
- ◆ Shopping & Meal Prep
- ◆ Support and Respite
- ◆ Exercise & Fitness Activities
- ◆ Periodic Health Screenings
- ◆ Friendly Visits
- ◆ Social Gatherings & Outings
- ◆ Medical Equipment Lending
- ◆ Caregiver Support
- ◆ Adult Day Center



Volunteers Needed:

- Volunteers to help serve the monthly Lunch and Learn meal in Holdingford, and to help with dishes, the 2nd Thursday of the month at the Holdingford Legion. We will have a meal planned, just need some prep and serving help.
- Volunteer needed to repair and up-keep our donated wheelchairs/walkers.
- Volunteer drivers.
- 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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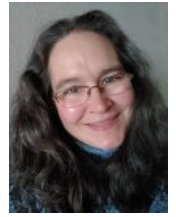
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We're having a ...



Lorene DeFord
Health and Wellness Coordinator

Come join us in St. Stephen at the Parish Hall, Tuesday May 21st from 10:00-12:00, with our Monthly meal following. So remember to plan on coming early and staying after to enjoy the meal!!!

Visit with our parish nurses; get your blood pressure checked. Talk to a pharmacist and a Dietician along with other vendors that have a lot of great information for bettering your health!

We're having a beginning Tai Ji Quan class in St. Stephen at the Parish Hall!!! The class will be starting July 17th. And will be meeting 2 times a week Wednesday and Friday mornings from 9:30 – 10:30 am for 12 weeks (24 classes' total) . You'll learn 8 forms that all help with balance and stability in a relaxing environment. All of the forms are done sitting, standing or behind a chair. Cost is based on a Sliding Fee scale; service will not be denied to an individual unable or unwilling to make a contribution for service.

Call Helping Hands Outreach 320-746-9960 or Lorene at 320-250-0585 to get registered. *Nothing cancels a class faster than no one registering... Help us keep these classes available... give us a call!!*

Put on by Helping Hands Outreach, and Juniper. Funded under contract with the Central MN Council of Aging as part of the Older Americans Act Program, also supported by MEDICA and The DHS Live Well @ Home Grant



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Advertising

Ad cost per issue: Business card size \$25

1/4 page size: \$40

Holdingford Daze 2019 Raffle

We are planning to get Helping Hands Raffle Tickets out by June. You will be able to purchase them from area businesses, board members, staff, and in our office. We will again be selling them for \$10 each with proceeds going to help Older Adults and those with disabilities in our service area. Thank you in advance.



Heartfelt THANKS

TO OUR VOLUNTEERS!

Volunteers are truly the most important part of our organization. With your help we are able to provide rides, clean houses, do yard work, hold classes, and host meals to enrich the lives of seniors in our community. We cannot thank you enough.

Volunteers needed for Holdingford Daze!

We here at Helping Hands are gearing up for our most important fundraiser of the year — Holdingford Daze!

We like to think that our events help bring a home-town feel to this celebration. We couldn't do it without all of our generous volunteers. We need volunteers to help us:

- Sell raffle tickets: they will be ready for buying or selling after June 1st.
- Bake coffee cakes: you can join our baking group or make your own. We need about 100 coffee cakes for our

sale!

- Make baked goods: cookies, bars, bread—it all helps. Please wrap items, but do not price them. You may bring to Helping Hands office Friday July 12th before noon.

During Holdingford Daze, July 12-13th, we are looking for volunteers to help us with:

- Running our Bingo at the Legion from 12-2:00 pm on Saturday
- Checking out the surreys to riders on Friday and Saturday
- Helping at our bake sale tent both Friday night and Saturday.

Please email or call our office to nominate an **Outstanding Senior Citizen** that deserves some recognition!



Stacie Supan
Program
and Servicer
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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George & Cheryl Kuklok
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Ron & Irene Schmidt
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In-Kind contributions

Albany Home Bakery
Ruby's Pantry
Salvation Army
Avon Food Shelf
Traut Wells
Dale Lawrence
Goebel Dairy

Correction from the Annual Appeal thank you. Delores and John Stang were mistakenly listed as Delores and Vernon Stang

Donations In Memory

Darlene Salitros in Memory of Herbert Salitros
Idella Schneider in Memory of Florence Vos
Norbert & Virginia Fiedler in Memory of Mark Fiedler
Ramona Fedor in Memory of Lloyd Fedor



CENTRAL MINNESOTA

Thank you to the United Way of Central Minnesota for continuing to partially fund our community meals for the next 2 years

Thank you to the

Norman C. Skalicky Foundation and Stearns Bank

for their generous Donation of \$20,000.00





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.

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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 your 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.

Helping Hands Outreach Board Members:

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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



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

