Helping Hands OUTREACH

Vol. 18 No. 4 July-August 2019

Upcoming Events

Weekly Lunches

Noon

Mondays in St. Stephen at Trobec's Bar.

Tuesdays in Holdingford at City Hall

Monthly Lunch & Learns

11:30 am

In July there will not be any Lunch and Learns at either site.

Thursday August 8th in Holdingford and **Tuesday August 20th** in St. Stephen. Theme will be Fair Days at both Luncheons. Speaker will be Shelly Harren on retirement and ageing. Entertainment will be Bingo in Holdingford and Music in St. Stephen.

MYSTERY LUNCH join us **Thursday, July 25th** as we go on a little adventure. We will carpool from Helping Hands office in Holdingford leaving at **11:00 am**

Please stop by our office in Holdingford before July 18th to sign up for this FUN outing!

You will receive a envelope of hints as to where we may be going, Call our office after you look thru the clues and tell us where you think it is! Your name will be put in for a special drawing! Cost of the meal is your responsibility, (majority of the menu items are under $10.00 each).

Coffee & Conversation

Monday July 29th 9-10 am

Topic is Holdingford Daze from the Past.

Monday August 26th 9-10 am

Topic is Good Ole School memories. Held At Helping Hands Adult Day Center In Holdingford, all are welcome!

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.

Fridays

Holdingford Legion 9:30-10:30 am Leader Shirley Willoughby

Morrison County Fair, Join us for some good old Fair Fun! **Friday, August 9th**. We will be leaving the **Helping Hands Office** at **11:30 am** and spending the afternoon on the fairgrounds. We plan on leaving the fairgrounds at 3:30 pm to return to Holdingford. Call to sign up before August 1st, and let us know if you need a ride, or are willing to drive others. They will be having music, bingo, pig races and a car show going on during the afternoon. Meal and entertainment expenses are the individuals responsibility.

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

Helping Hands Outreach Partners with Jewish Family Services

Carol Lundquist
Executive Director

Helping Hands is in partnership with the Jewish Family Services of St. Paul to offer the 'Program to Encourage Active and Rewarding Lives' (PEARLS) to rural seniors of all faiths. This program is a free, short-term counseling/ life coaching evidenced-based protocol specifically designed for older adults dealing with low mood or depression. The PEARLS program was researched and developed at the University of Washington in Seattle.

PEARLS provides on-going screening for depression through a short questionnaire (PHQ9) that measures depressive symptoms, and offers eligible candidates a treatment model that teaches them tools so they may address life's problems and make ongoing plans to engage in a variety of pleasurable, meaningful activities.

PEARLS counselors will meet with adults 55 and older in their homes for a one-time assessment, and qualified candidates will be loaned an iPad to be used for a total of 12 sessions with their counselor.

If you are a senior 55 or older, or caregiver to a senior who is experiencing low mood or depression, please contact Helping Hands Outreach at 320-746-9960 to receive additional information or to set up an appointment for enrollment.

This program is supported, in part, by a Live Well at Home grant from, Minnesota Department of Human Services

Powerful Tools FOR Caregivers

In this class Caregivers will learn how to:

- Reduce stress
- Communicate effectively
- Take care of yourself
- Reduce guilt, anger, and depression
- Help you relax
- Make tough decisions
- Set goals and problem-solve

Two classes being offered by Helping Hands this Fall.

First class held at Shepherd of the Pines Church in Rice.
Mondays 9:30— 12:00 for six weeks starting September 9th.

Second Class held at Whitney Senior Center in St Cloud.
Mondays 9:30—12:00 for six weeks starting October 21st.

Call the office to register or receive more information.

Holdingford Daze Bake Sale June 12th & 13th

Friday, 4 pm—7 pm
Saturday, 11:30 till gone

Coffee Cakes

Poppy Seed
Raspberry Cream Cheese
Apple
Cream Cheese
Cinnamon Sugar

Homemade Flavored Popcorn

Butterfinger
Parmesan Ranch
Christmas Cookie
French Onion

Miscellaneous Baked Goods

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:

- Volunteer needed to repair and upkeep our donated wheelchairs/walkers.
- 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.
- In need of volunteer willing to do housekeeping.
- Person to reupholster the seat on four chairs in Helping Hands Office.
- Volunteer to pick up Food Boxes from Albany The 2nd Monday afternoon of the month, and deliver in Holdingford.
- Volunteers to help serve the monthly lunch the 2nd Thursday of the month at the Holdingford Legion. We will have a meal planned out and ingredients picked up. We just need a few extra hands to help out.

NEEDED:

Bakers to make goodies for the annual Bake Sale! Items can be dropped off at the office on Friday, June 12th

Help Support Helping Hands

Purchase one of our fun t-shirts

They are black with turquoise print.

Cost is $12 each
Sizes available
S-M-L-XL

Volunteers are needed to help sell raffle tickets and baked goods during Holdingford Daze Fri July 12th from 3:00 pm until 7:00 pm and Saturday July 13th from 11:00 am until 5:30 pm. If you can donate one hour of your time please call our office to sign up. We appreciate your help with our fundraiser.

Holdingford Daze

"Christmas in July"

Join in the Fun!

Helping Hands Outreach

Bingo

Raffle

Bake Sale

Support our Fundraiser

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HOLDINGFORD AREA HISTORICAL SOCIETY

Accepting Donations and Area Historical Articles

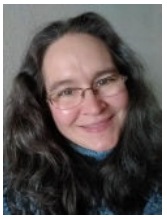
Museum Hours by Appointment

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

Web info - HoldingfordAreaHistoricalSociety

Banish Aches and Pains.

When arthritis and other pains try to immobilize us it is good to know there are things that we can do to help lessen the pain and keep us moving.



Lorene DeFord
Health and Wellness Co-ordinator

One of the best things to do is to strengthen the muscles and surrounding tissue around the joints which helps to maintain support for our bones. Lack of moving is what makes joints more painful and stiff. Here are some moves to fight those aches and pains:

Range of motion moves: Such as raising your arms over your head or out to the side, rolling your shoulders backward, and pointing and flexing of the feet. In most cases, these can be done daily.

Strengthening moves: Using light weights while doing bicep curls or a press over-head, and knee extensions are a good way to build up the muscles. Our Helping Hands exercise classes include some weight training during the class. If you're curious about using weights come join us and give it a try!

Aerobic activities: Incorporating walking is one of the simplest ways that will help with your cardiovascular health. Try to work your way up to 150 minutes (which is just a little over 20 minutes a day) per week. You can split that time into 10-minute blocks if that makes it easier on your joints.

Body awareness moves: Doing forms of yoga or tai chi, is very beneficial and can help you improve balance, prevent falls, improve posture and coordination, and promote relaxation. Registration for Tai Ji Quan in St. Stephen is happening now. The class starts July 17th and will be meeting twice a week for 12 weeks on Wednesdays and Fridays from 9:30am – 10:30am at the parish hall.

Remember moving is crucial for everyone.

So feel better and give some of these moves a try!!

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Thank you to the Businesses/Individuals that Donated to our 2019 Raffle

$1000 Cash - Helping Hands Outreach
$200 Cash - American Legion
$200 Cash - Cornerstone Ag. Service
$200 Cash - Holdingford Snoflyers
One night stay & $30.00 off of food - Grand Casino - Mille Lacs
$100 Cash - Albany Family Dentistry
$100 Cash - Lenore & Myles Dawson
$100 Cash - Pelican Lake Ballroom
$100 Cash - St. Rosa Lumber
$100 Cash - Schmidt Insurance
$100 Cash - Stearns Bank Holdingford
$100 Cash - Thunder Valley Classic Cars
$100 Cash - We Haul For You
$100 Cash - Wentland Trucking
$100 Cash - Wm. D. Scepaniak, Inc.
4 tickets to Crayola Experience – MOA - KASM Radio/KDDG
2 Moose Mountain & 2 Crayola Experience tickets, t-shirt & sunglasses - Wild Country 99
50 Gallons Propane Delivered - Rahn's Oil & Propane
Sweatshirt, hat, baseball hat - Rocks to Roses Landscaping
4 Nickelodeon Wrist bands at MOA - KASM Radio/KDDG Radio
One year subscription to Albany Enterprise - Albany Enterprise
$50 Cash - Cornerstone Insurance
Biolage shampoo & conditioner set - Cornerstone Salon St. Stephen
$50 Cash - Heart and Soul
$50 Gift Certificate - Lake Country Vet
$50 Gift Card to Texas Roadhouse - Miller-Carlin Funeral Home
$100 Cash - My Salon Hair Design
$50 Cash - Omann Insurance
$50 Cash - Paggen's Auto Body
$50 Cash - Ripplinger Plumbing
$50 Cash - Scegura Insurance
$50 Cash - State Farm Ins. / Dina Pierskalla
$100.00 Cash - Trobec's Bus Service
4 Moose Mountain Mini Golf tickets at MOA - Spirit 92.9
$40 Cash - Bialka Store & Bar
4 Moose Mountain Mini Golf tickets at MOA - KASM Radio/KDDG
Two $30 Gift Certificate - Holdingford Mill
$25 Cash - American Heritage National Bank
$50 Cash - Avon Coffin Works
$25 Cash - CMCU Holdingford
$25 Cash - Gerads Oil
$25 Gift Card - Headley Hardware
$25 Gas Card - Holdingford Gas & Grocery
$25 Gift Card - Jim's Snowmobile & Marine
$25 Gift Card - K & S Pharmacy
Two $25 Gift Cards - Rudolph's Redneck Roost
$25 Gift Certificate - Rusty Nail Bar & Grill
$25 Gift Card - Teal's
$25 Gift Certificate - Trobec's Bar
Two $20 Gift Cards - St. Joseph Meat Market

Raffle tickets can be purchased at Helping Hands Office in Holdingford.
Ticket price is $10 per ticket. Drawing is July 13th 2019

Raffle Proceeds will be going to help Older Adults and those with Disabilities in our service area. Thank you in Advance!

Stacie Supan
Program and Service 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:

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Teals Market Albany
Penny Middendorf
Norene Miller
Holdingford Lioness Club
Bernard & Marge Wunderlich
Holdingford American Legion
Robert & Isabelle Lane
George & Doreen Platz
JoAnne Christensen

Thank you to all our volunteers who generously give of their time to help with meals, rides, respite, house keeping, chores, friendly visits, and misc. Everything you do to help is greatly appreciated! Each of you are a very important piece of the puzzle.

OTTO BREMER TRUST™

Thank you to Otto Bremer Trust

for their generous donation of

$30,000.00

The funds go to support the work that Helping Hand Outreach does.

The Otto Bremer Trust, based in St. Paul, MN, is a private charitable trust established in 1944 by founder Otto Bremer, a successful banker and community business leader. OBT owns 92 percent of Bremer Bank and also manages a diversified investment portfolio. The mission of OBT is to invest in people, places and opportunities in the Upper Midwest. Since its inception, OBT has invested more than $700 million in organizations throughout Minnesota, North Dakota, and western Wisconsin. Visit ottobremer.org.

Drop off your Teals Market receipts We continue to accept and benefit from your Teals Market receipts. We received more than $600.00 so far this year. Please save them and drop them off at our office. Thank you to Teals Market for your donation and to Linda Harren for helping out with this program.

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Silver&Fit

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.

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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."

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

MINNESOTA LIVE WELL AT HOME℠ · Central MN Council on Aging cmcoa Supporting our aging community · OTTO BREMER TRUST · WOMEN'S FUND CENTRAL MINNESOTA COMMUNITY FOUNDATION

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