



Vol. 18 No. 6

Nov-Dec 2019

Upcoming Events

Weekly Lunches

Noon

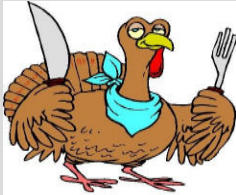
Mondays in St. Stephen at Rusty Nail.

Tuesdays in Holdingford at City Hall

Monthly Lunch & Learns

11:30 am

Thursday November 14th in Holdingford at the American Legion, and **Tuesday November 19th** in St. Stephen at the Parish hall. Theme will be Give Thanks, join us for our speaker from Tri-Cap, and for Bingo following at both locations.



Happy
Thanksgiving!

Thursday December 12th in Holdingford
Tuesday December 17th in St. Stephen.
We will be having a Christmas celebration, Feel free to bring a \$5.00 like new wrapped gift (this can be something you want to re-gift) to play a game with all our friends. We will have Music following lunch.



Wishes for a wonderful Holiday Season to you and yours!

Feet First Clinic

Holdingford City Hall

1st Tues of the month
9:00 a.m. to noon
No appointment necessary.

St. Stephen Hall

1st Wednesday of the even months. 1:00 p.m. Questions please call Lenore Dawson 320-249-7240

Exercise

Wednesdays

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

St. Stephen Exercise Class SAIL (staying active & independent for life) at church hall **Wednesdays** 1:00-2:00 pm, line dancing from 2:00-2:30.

Fridays from 9:30-10:30 am
Leader Lorene DeFord.

Holdingford SAIL at Legion
Tuesdays and Fridays from 9:30-10:30 am Leader Shirley Willoughby

Starting in January

Caregiver Support Group in St Stephen

2nd and 4th Fridays of the month
9:00 – 10:30 am

Call the Helping Hands Office for more information.

Shopping Outings

Thursday Nov. 21st 11:30 going to Coborn's in Sartell, feel free to eat in the deli, or do your grocery shopping. Please sign up by Nov. 14th.

Thursday December 5th 12:30 we will be going to Little Falls to the Dollar Tree, and Aldi. Please sign up by Nov 29th.

We will have Drivers going from St. Stephen and Holdingford. Please call our office to sign up.

Annual Appeal

Every year at the end of November, we send out our annual appeal to our local communities, asking for your donation to support Helping Hands Outreach. Last year I was amazed and humbled by the donations received. Never think that "I can only afford to give \$5, what difference is that going to make?" Some of you have heard this story, but I think it bears repeating.

What happens when everyone gives a little:

Before moving to this area, my husband and I worked and lived at the Ronald McDonald House of the Twin Cities as Resident Managers. We were there right after they first started collecting pop tabs to recycle in 1987. The first couple of years the collection was slow, but by the third year they had to build a small shed to house the pop tabs. People would drop off their baggie of pop tabs, schools would drop off much larger amounts. In the spring that shed would easily be filled within a weekend. They then had to get an off site storage building. Now, it takes 1,267 pop tabs to make a pound, and one million pop tabs makes 730 pounds which at today's prices equals \$511. 30 years later, the Ronald McDonald House of the Twin Cities has raised over \$800,000 and collecting pop tabs has spread across the country to other Ronald McDonald Houses. So what is the point of this story? For one person to collect a pound of pop tabs in a year, they have to drink 3 1/2 cans of pop a day. And that pound is worth about 70 cents. But they have raised an average of \$26,500/year from pop tabs. That is the power of what can happen when everyone gives a little. So if you have never donated to our annual appeal in years past, consider giving \$5 (or \$5 a month and really see it add up). If everyone who has never given would do that we would almost double the amount we raised last year.



Carol Lundquist
Executive Director

In our last fiscal year, from July 1, 2018 – June 30, 2019, this is the impact we made in our community and some of the services that we offer.



Again this year, you can have your donation doubled by giving it on Tuesday December 3rd through the website www.Give65.org. Donations of any amount (up to the first \$50,000) will be doubled (so get up early). Go to www.give65.org, click on the Donate Tab, type in Helping Hands Outreach and click to our donation site. If you are uncomfortable with donating online, you can send a check to the office and we will apply it for you. Please put Give 65 on the check memo.

So check your mailbox for your Annual Appeal letter. However you choose to support Helping Hands, know that your support is important and appreciated.

Lonely Tree Seeking Gifts for Seniors.

- *Visa gift cards
- *Paper towels
- *Laundry pods
- *Post it notes
- *Memory games
- *Throw blankets
- *Shampoo
- *Hair Salon cert.
- *Greeting cards
- *Book lights
- *Wet wipes
- *LED flashlight
- *Gas Cards
- *Envelopes
- *Napkins



- *Organizer pocket for walker/ wheelchair
- *Postal stamps
- *Single serve food Items
- *Toilet paper
- *Toothpaste
- *Socks with grippes
- *Large print books
- *Body wash
- *Paper plates
- *Meal cert. for HHO
- *Winter Hats/ Gloves
- *Buddy magnetic phone pouch

Volunteers Needed

- ◆ Volunteer to pick up food boxes from Pond View in Albany the 2nd Monday of the month at noon, and deliver in Holdingford, this takes about 1 hour.
- ◆ Volunteer to look over wheelchairs/walkers and repair.
- ◆ Person to do some light housekeeping.

We will be accepting gift certificates to local businesses, and the items listed above for seniors in our area that could use a little extra help during the Holidays. Feel free to drop them off at Helping Hands Outreach Office and we will distribute them. If you know of someone who could use a pick me up, please call our office.

NEEDED people or organizations to volunteer to help with our Helping Hands community meal that we hold the 2nd Thursday of each month at the Holdingford American Legion. For this meal to continue to benefit our community we need some extra hands in the kitchen to prepare the meal and help with clean up. This luncheon offers a nutritious meal, a learning session, and social time with either bingo or music. We have several months open in need of helpers. Please call 320-746-9960 for more info.

Purchase one of our fun t-shirts, they are black with turquoise print.

**Cost is \$12 each
sizes available
S-M-L-XL**



AVON COFFIN WORKS
www.avoncoffinworks.com
AND URN SALES



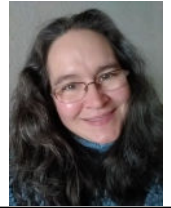
GLENN R. BRIX
Cell: 320-250-5089
13858 365th Street
Avon, MN 56310

*Handcrafted Coffins at
Affordable Prices*



Let's Talk!!

It's that time of year where many things are going on with all of the different Holidays approaching, it's an exciting time for many but for some it can be a bit depressing. Without meaningful connections even a person not living alone can feel lonely. Here is the number one tip on combating loneliness that we all can easily do.



Lorene DeFord
Health and Wellness
Coordinator

Make communication a priority. Communication serves several critical roles in the lives of older adults, including maintaining a sense of identity, and relieving loneliness, depression, or anxiety. Communication also allows older adults to exert influence and to help others by listening, reflecting, and offering advice. If communication is compromised, social life is affected.

In person visits are the best, but as we all know that can be difficult if the weather is bad outside or if there is mobility or transportation limitations. Sometime we are even afraid that we may be interrupting others and their busy lives. So the next best thing is to **pick up that phone and get talking!** Set a minimum of 15 – 30 minutes a day to visit with our friends and loved ones around us. Just by asking for advice or talking about different experiences can help us learn so much from each other and it really helps reduce people from feeling so lonely.

If hearing loss makes communicating hard try doing a few of these suggested things to help.

Before you address your loved one with hearing loss, get their attention with a gentle pat on the arm or by saying their name.

- ◆ Help them understand you better by facing them when you speak.
- ◆ Speak clearly and slightly slower than you typically would.
- ◆ When somebody doesn't hear you the first time, try to rephrase what you said, rather than just repeating it. This will provide your loved one with two different chances to understand what you said, increasing the likelihood that they will get it right the second time.
- ◆ Be patient. Remember that hearing aids are only part of the solution. When communicating with your loved one with hearing loss, patience can go a long way.



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.

Eligible for Medicare?

As a licensed agent, I can help you learn about
Medicare plans including: Medicare Part D
Medigap/Medicare supplement plans
Medicare Cost plans, Medicare Advantage plans

Call me today!



Ronald Scegura
Scegura Insurance Agency
39002 County Road 9
Avon, MN 56310
Tel. 320-746-2582



I am Mariah Linder and I will be working as a part-time Intern with Helping Hands Outreach over the course of the next year. I am a student at the University of Wisconsin-Superior. I am in my final year studying Social Work. I enjoy sports of all kinds, however, baseball, softball and tennis are most important to me. In my free time you will find me listening to country music, doing homework, reading, or playing with my dog Izzy May. I am looking forward to being around and getting to know you.

Joan Strusz is our new Tuesday cook for our Luncheons in Holdingford at the City Hall. Joan is Married to her husband Jayson, they live on a Farm in the Bowlus/ North Prairie area that she grew up on. She is the 5th generation to live there. Joan and Jayson have two sons, and four daughters. Joan grows a very large garden each year and loves her flower gardens as well. Joan's love of cooking came from her Mom and Grandma. Come to one of our Tuesday meals at noon in Holdingford to meet Joan and taste her delicious cooking.



Did you know that there are kids looking for a Big Brother or Big Sister in the Holdingford Area? If you would like more information about how you can become a Big Brother or Big Sister check out their website. <http://www.bigdefenders.org> or call 320-253-1616 for more information.

Make a difference in a child's life

We have Meal certificates available for gifts for Christmas, Birthdays, or just because. These can be purchased for \$5.00 each, and are able to be used in either Holdingford or St. Stephen at the weekly lunch. Please contact Karen Skaj at 320-252-5772 or Stacie Supan at 320-746-9960 to purchase.

Everything YOU NEED IN A BANK

- Business Cash Management
- Online & Mobile Banking
- E-Statements, Bill Pay, Mobile Deposit
- Business Loans & Equipment Financing
- A Full-Service Bank with a variety of business and personal products

Give us a call Today! 320-746-2261



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:

Joe & Sue Katzner
George & Cheryl Kuklok
Lloyd & Dorine Rausch
Ron & Irene Schmidt
John & Lisa Schmidt
Kathy Schueler

In-Kind Contributions

Albany Home Bakery
Ruby's Pantry
Salvation Army
Avon Food Shelf
Dennis Fiala
Jonie Sundermann
Faye Schuneman
Patricia Schuneman
Ron Scegura
Denise Holstad
Loni Young
Jessie Johnson
Rennie Schuneman
Donna Johannes



Donations

Teal's Market
Robert Fiedler
Robert & Amy Pilarski
Loren & Jo Ann Philippi
Joanne Christensen
Ernest & Bernice Skwira
Bernard & Marge Wunderlich
Glen & Kathy Brix
Jo Anne Christensen
Marlene Scepaniak
Mary Ann Czeck
Pat & Mary Kroll
Ruth Vouk
St. Anna Christian Mothers
We Haul For You
Donald & Susan Breth
Martin & Delores Pilarski
Janet Klug
Anne & Patrick Kuklok
Madonna Nentl
Donna Peternell
Joe & Elaine Schumer

WE HAUL
FOR YOU

**PROFESSIONAL MOVERS
FOR YOUR
HOME OR BUSINESS**

- Product delivery, discard and debris removal
- We strive to exceed your expectations

D.O.T. 1144430

doug@wehaulforyou.com

DOUG LEGATT 320-250-2855



Equipment Lending

We have walkers, wheel-chairs, raised toilet seats, commodes, canes, and shower chairs. Also we just received two wood platforms for placing under recliners to help raise the chair about 5". Please call us if you, or someone you know could use any of these items.



Drop off your Teals Market receipts We continue to accept and benefit from your Teals Market receipts. We received more than \$800.00 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.

What the **Silver Sneakers** program can do for seniors.

Silver Sneakers = FREE membership to Heart & Sol Wellness Center LLC.

Are you age 65 or over and looking for ways to improve your physical and mental well-being? Silver Sneakers is a program some insurance companies offer their members who are age 65 or older. Studies done by Silver Sneakers have shown that participants of the program who had more frequent visits to a fitness center had better physical and mental component scores, and they had fewer mentally and physically unhealthy days. Their studies also show Silver Sneakers members experience an overall increase in physical activity, reduced social isolation, and reduced loneliness. A reduction in social isolation and loneliness has a positive impact on physical and mental well-being of individuals age 65 and over. If your insurance offers the Silver Sneakers program that means a membership to Heart & Sol is free for you! Call Heart & Sol Wellness Center LLC to join today.

320-746-3300



Helping Hands Outreach Board Members:

Maurice Meyer
President
Sue Marstein
Secretary
Mary Stalberger,
Treasurer
Joe Christensen
Rod Harren
Joyce Hess
Carlena Johnson
Jerry Mehr
Peter Omann
Gary Zapzalka
Shelly Harren
Judy Boulton

Staff:

Carol Lundquist,
Executive Director
Denise Leahy
Adult Day Center Director
Lorene DeFord
Health & Wellness Coordinator
Karen Skaj
St. Stephen Service Coordinator
Stacie Supan
Program & Service Coordinator
Deb Berg
Adult Day Activity Assistant
Mariah Linder
Intern

Helping Hands Outreach
PO Box 293
Holdingsford, MN 56340-0293

Non-Profit Org.
U.S. Postage
Paid
Permit No. 884
Waite Park, MN

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."



Outing to visit Jan Klug's flower gardens in August.

 **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

