



Dear Friends of Helping Hands,

We hope you and your families are well and want to update you on Helping Hands Outreach. The support from our communities of Holdingford, Saint Stephen, Saint Wendel, Saint Anna, Saint Francis, Saint Anthony and Opole enables us to continue to help our area senior citizens and adults with disabilities to stay in their homes.

Our major summer fundraiser has always been a raffle and bake sale during Holdingford Daze, which has now been cancelled. This year with Covid-19, we also did not want to ask our local businesses for raffle prizes.

We are asking you for your help in supporting us with a fundraiser called Give65. It takes place July 14 – 18, and Home Instead Senior Foundation will be matching donations up to \$5,000 until they have given away their matching funds of \$125,000 (which usually happens the first day). As we have done for our annual appeal, checks that we receive in the office by July 13th will be submitted for the matching amount. Our goal is to raise \$5,000 with the matching \$5,000 for a total of \$10,000. Go to www.give65.org, click on the "Donate" tab, write 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 "Give65" on the check memo.

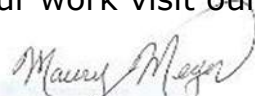
Due to Covid-19, much of our work has changed in the past few months. We are still providing services such as giving rides to doctor appointments and buying and delivering groceries, "Thinking of You" care packages, and treats. We have started cooking our weekly meal again in Holdingford, with some people picking up their meals and the staff delivering others. We also have had two free produce pickups in Holdingford, providing fresh potatoes, cabbage, onions, and apples to anyone who wanted them.


Covid-19 has prevented us from having weekly exercise classes, meals, monthly lunch and learn, and planning new ongoing activities. Once the governor's restrictions have lifted, we are excited to be able to offer group activities and a place for seniors to just hang out and enjoy a cup of coffee and refreshments. This will take place at our new home located at 531 Main Street, Holdingford, the site of the former Adult Day Center.

Whether you support us year-round or annually, your help is important and appreciated. Your donations are used locally to help your neighbors; this makes our communities places where seniors can live and contribute. The reality is that when we achieve this, everyone benefits.

To learn more about our work visit our website at www.holdingfordhelpinghands.org.

Thank you,


Maury Meyer
Board President


Carol Lundquist
Executive Director

Helping Hands Outreach Board of Directors

Judy Boulton, Joseph Christensen, Rod Harren, Shelly Harren, Joyce Hess, Carlena R Johnson, Sue Marstein, Jerry Mehr, Maury Meyer, Peter Omann, Mary Stalberger,



Upcoming Events

Senior Driving class

Will be held via Zoom.

July 14th and 16th 7-9 pm

July 21st and 23rd 7-9 pm

Class is 8 Hours if this is your first time taking, and 4 hours if taking refresher.

Cost is \$18.00 Save 10% on your car Insurance if you are 55 or older and take this class.

Register at STSE.biz, read how Zoom works and connect to zoom.



Feet First Clinic

Please note changes. You will need to call 320-746-9960 to make an appointment. We would like for you to also wear a mask during your appointment, if you are running a fever or not feeling well please stay home.

Holdingsford City Hall

1st Tues of the month starting at 9:00 a.m. to Noon,

Call for appointment

St. Stephen Hall

1st Wednesday of the even months. 1:00-3:00 pm.

Call for appointment



Weekly Lunch

Tuesdays in **Holdingsford** at City Hall **pick up or delivery only**. Please call to reserve your meal **by the Friday before**. 320-746-9960

St. Stephen, until we can start our congregate dining/card playing again, our meals will be coming from Holdingsford on Tuesdays. These can be **picked up in the St. Stephen Church parking lot, or delivered if needed**. Please call to reserve your meal by the Friday before. 320-746-9960

Suggested donation for all meals at both locations is \$5.00, but no one will be denied a meal based on ability to pay.

Pick up will be at

*Holdingsford City Hall at 12:15

*St. Stephen church parking lot 12:00



Changes for St. Stephen

Once we are able to have congregate dining and start playing cards again, our regular **weekly** Monday meal will be switched to **Wednesdays** at either Trobec's Bar, or The Rusty Nail.

The **monthly meal** for St. Stephen that is held at the St. Stephen parish hall will be moved to the **third Thursday of each month**. Suggested donation will be \$5.00 per meal.

We would like to THANK

Svihel Vegetable Farm INC

from Foley MN for donating over 8000 pounds and 200 boxes of produce to our community!



In the future if we receive produce, we would like to develop a plan for notifying people, as we get a very short notice on this. If you would like to be on a email blast if produce has come in please call us with your email address, or if you would be willing to help with calling others on a phone tree to notify them of the produce drop please contact Helping Hands Outreach at 320-746-9960.

Strings Word Search



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It has been a bit crazy these past few months. Sure hope everyone is doing well and trying their best to stay happy.

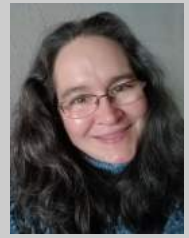
I've had to dig deep into my bag of what I consider wise and helpful ideas to get through tough things in life and thought I would share.

First of all, I always see the cup 1/2 full, and am constantly redirecting any negative focus to positive. Talking and thinking in the positive helps to see the positive in things, it is a great thing to practice and I highly recommend it!

Realize through rough and trying times there are moments of growth and sometimes even improvements that come from it. There are always lessons to be learned when it comes to becoming that best version of ourselves.

Make changes to things that are within your control. Call and visit with loved ones and friends, remember time heals and life goes on.

Lastly, connect with nature, sit on the porch, go for a walk, and for sure...stop and smell the roses!!!



Lorene DeFord
Health and
Wellness
Coordinator



Hobbies

Why not consider adding a hobby that you never had the time to develop before, we are never to old to learn something new.

Some ideas include:

- Sewing/quilting
- Arts and crafts
- Photography
- Raised bed gardening
- Gourmet cooking
- Wood working
- Biking
- Jewelry making
- Scrapbooking

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You may surprise yourself and find a new hobby very rewarding. As we age, our outlook on life changes along with our taste in food, or our clothing style, so perhaps something you have not tried before may be your new found joy!



We have a wish list of items that we could use for our office and our weekly meals that we provide in St. Stephen and Holdingford. We really appreciate anything that you may be able to donate.

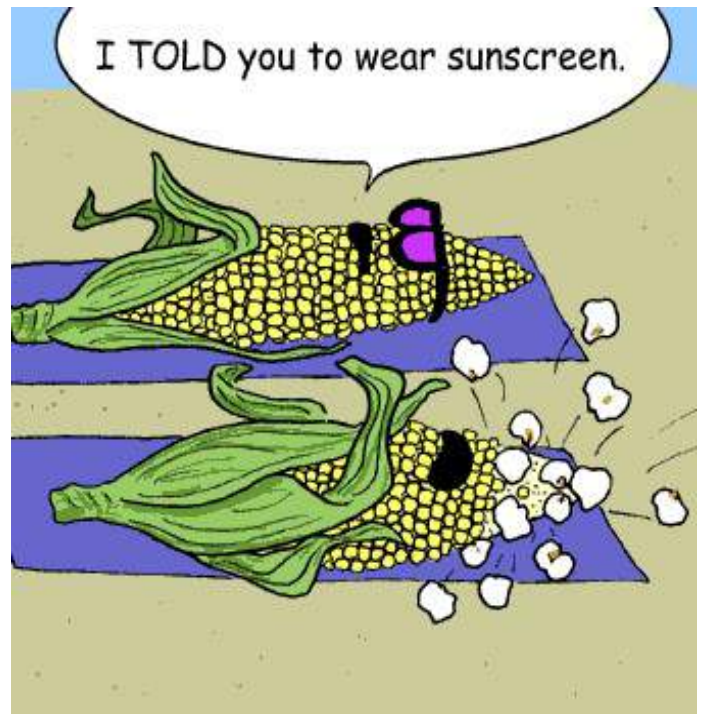
**Paper napkins/towels
Paper plates
Butter
Disinfectant wipes
Quart and gallon size zip lock bags.**

**Post it notes
Postage stamps
Copy paper
Coffee
Copy of latest Two Rivers Catholic Community Directory**

Why Be a Volunteer?

It's not for money, it's not fame,
It's not for any personal gain.
It's just for love of fellow-man,
It's just to lend a helping hand.
It's just to give a tithe of self,
That's something you can't buy with wealth.
It's not medals won with pride,
It's for that feeling deep inside,
It's that reward down in your heart,
It's feeling that you've been a part
Of helping others, far and near,
That makes you be a volunteer!

(Author Unknown)



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
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In Memory of

Kathy O'Hara and Ross O'Hara in memory of Marty O'Hara

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Philomene Stegura in memory of Stegura and Warzecka families

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Thank You

to Doug Legatt (We Haul for You) for helping move our Helping Hands Outreach office to our new location at

531 Main Street in Holdingford. We really appreciate how efficient and helpful your crew is!



YOU'RE THE BEST

Helping Hands Outreach Board Members:

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St. Stephen Service Coordinator
Stacie Supan
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DOUG LEGATT 320-250-2855



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receipts! We continue to accept and benefit from your Teals Market receipts. We received more than \$1000.00 in 2019. Please save them and drop them off at our office. Thank you to Teals Market for your donation and to Linda Harren for coordinating this program.


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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."



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