



# ANNUAL REPORT 2020

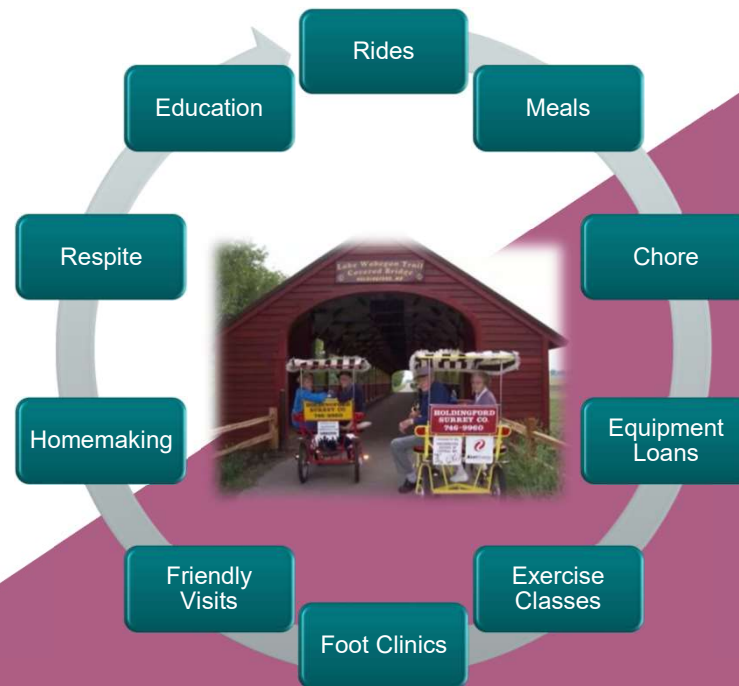


# OUR MISSION

To help create a healthy community where older adults and adults with disabilities want to live and be a vital part of the community.

## HOME AND COMMUNITY BASED SERVICES

### Helping Hands Outreach



Served 537 Clients

195 New Clients

9405 Service Hours

150  
Volunteers

40 New Volunteers

3438 Volunteer  
Hours

### Helping over 10,000 older adults across Minnesota a year



Helping Hands Outreach is a member of the Living at Home Network which includes 32 locally run programs that use a neighbor helping neighbor approach to draw volunteers and other resources from the community to help older adults live at home by staying healthy, safe and connected to their community.

All Statistics are from 7/1/2019 – 6/30/2020

*To help create a community where adults know their gifts and contribute to the community and its individuals, making it a healthy place to live.*

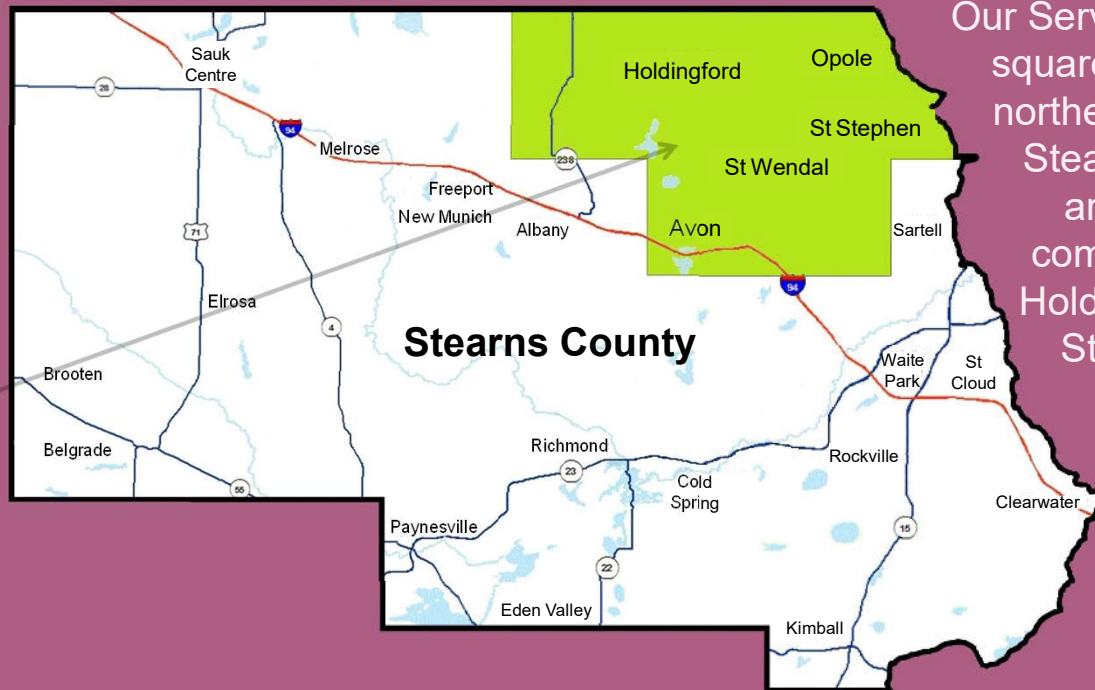
*To help create a community where neighbors are aware of their neighbor's needs and step forward to help.*

***OUR VISION***

## HOME AND COMMUNITY BASED SERVICES

Helping Hands Outreach

### Service Area



Our Service area is 200 square miles of the northeast corner of Stearns County around the communities of Holdingford and St Stephen

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## HOME AND COMMUNITY BASED SERVICES

Helping Hands Outreach

### Direct Service to Individuals



#### Meals

- 2,333 Meals Served to 212 individuals
- Weekly Meal in Holdingford and St Stephen
- Monthly Lunch & Learn in Holdingford & St Stephen
- Congregate meals were cancelled mid-March and restarted June 2<sup>nd</sup>

#### Rides

- 648 Trips to 56 individuals

#### Homemaking

- 568 Hours to 158 individuals

#### Chore

- 33 Hours to 7 individuals

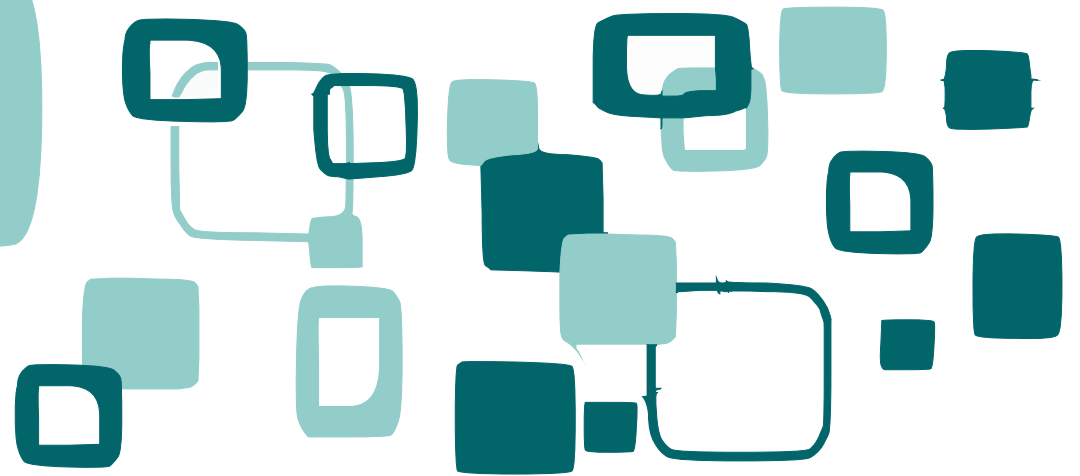
#### Foot Care Clinics

- Monthly in Holdingford
- Every other month in St Stephen
- 68 visits with 45 people

#### Equipment Loaned

- To 32 people

# Health & Wellness



3 Weekly  
Exercise  
Classes in  
Holdingford and  
St Stephen

46 Individuals  
exercised 463  
hours

Senior  
Drivers  
Safety  
Classes

**Evidence  
Based Health  
Promotion  
Classes**

2 Stay Active &  
Independent for  
Life Classes held

Monthly  
Lunch &  
Learn in  
Holdingford  
&  
St Stephen

Health Fair  
held in  
Holdingford  
in October

# LUNCH & LEARN TOPICS

The  
History of  
Aging

State  
Services  
for the  
Blind

Stroke  
Symptoms

Pharmacy  
&  
Covid-19

Health  
Fair  
Flu Shots

Tri Cap  
Programs:  
Fuel  
Assistance  
SNAP

Christmas  
Party

Age  
Related  
Hearing  
Loss



# OUTINGS

Hidden  
Cove  
Orchard



Jan's  
Gardens



Aldi's

Mystery  
Lunch

Morrison County Fair



Dollar Tree

PotSpot

# FUNDRAISING & OUTREACH



Coffeecake Baking

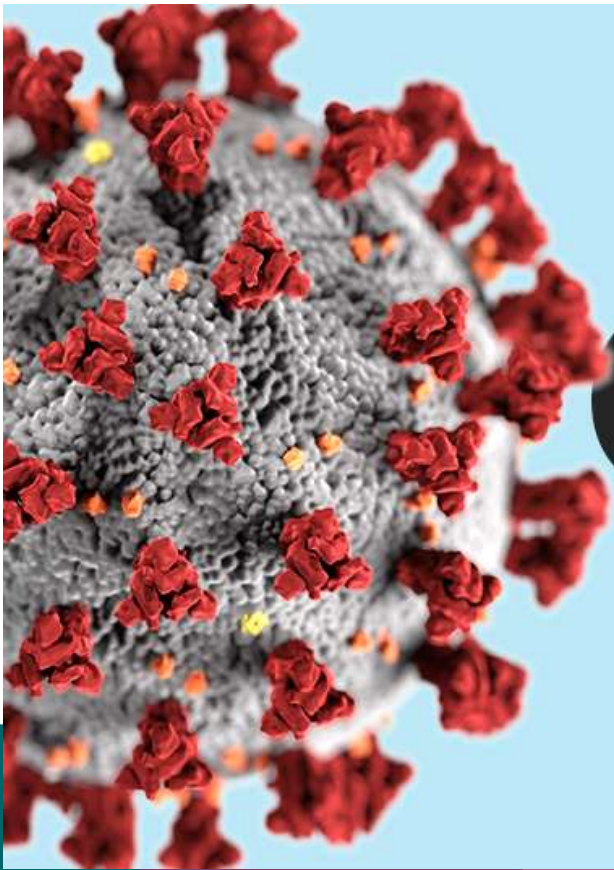


Holdingford Ladies Night

Give 65







# COVID-19

## CORONAVIRUS PANDEMIC

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# FRESH PRODUCE DISTRIBUTIONS



We had 2 produce distributions on Main Street in Holdingford, giving away 200 boxes and 2,000 pound of food.

594 Phone Calls to 294 individuals

Delivered 245 Care Packages /  
Fresh Produce to 145 individuals

Delivered weekly noon meal to  
25 individuals

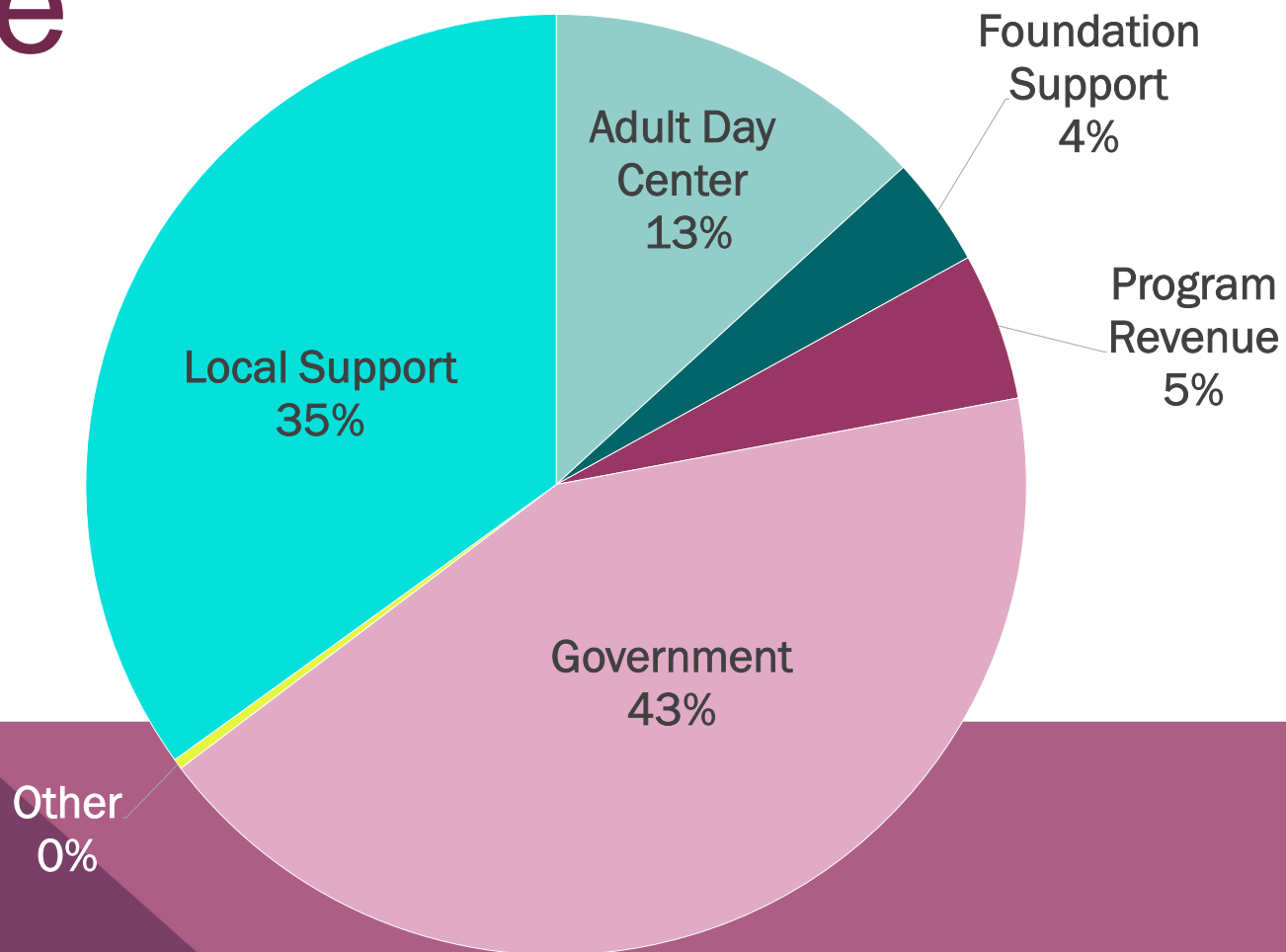
Bought and delivered groceries &  
supplies for 14 individuals

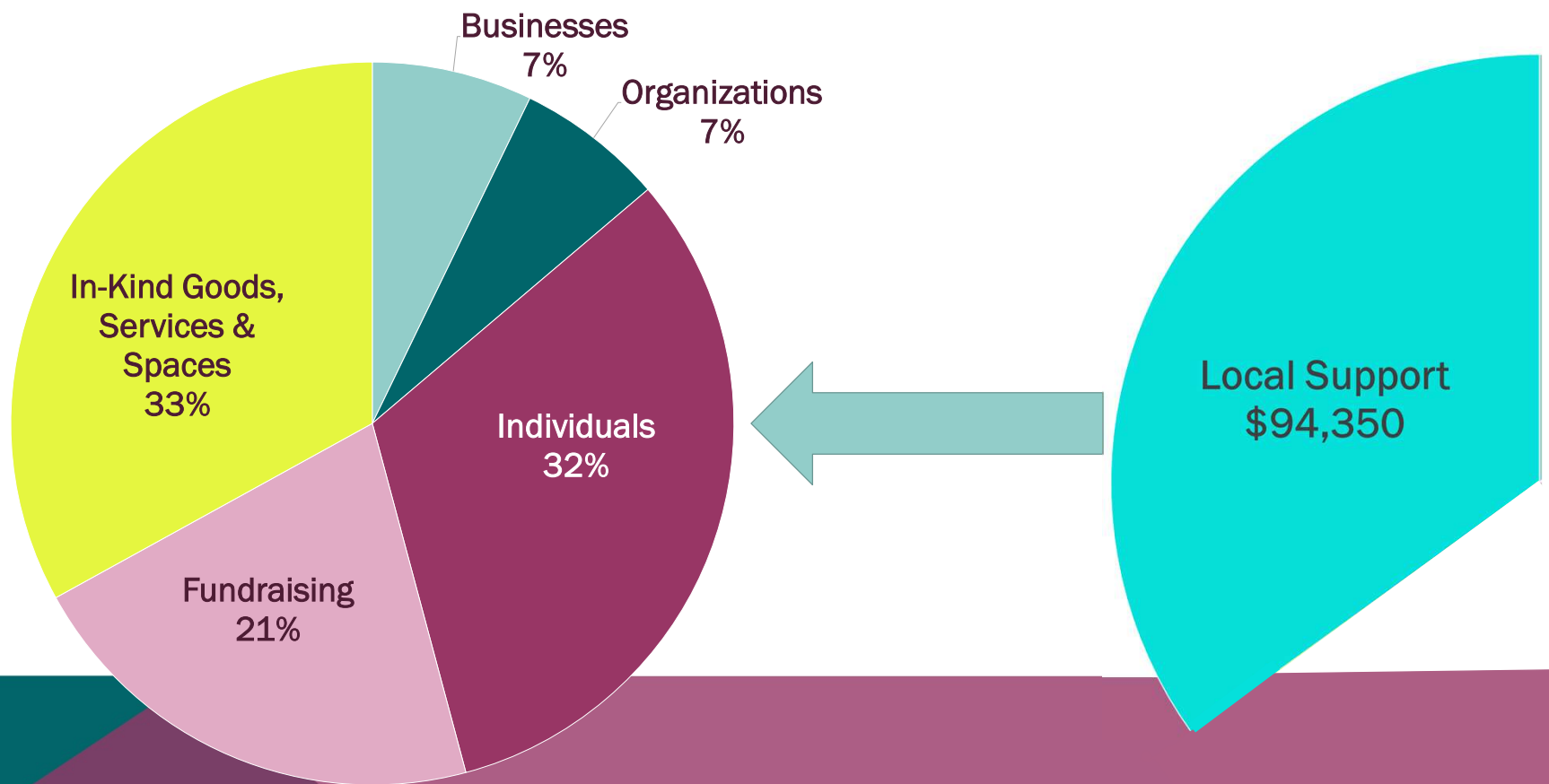


The background features a large teal shape on the right and two overlapping purple shapes on the left. The word "FINANCIALS" is written in bold black capital letters, rotated diagonally, across the white space between the teal and purple shapes.

**FINANCIALS**

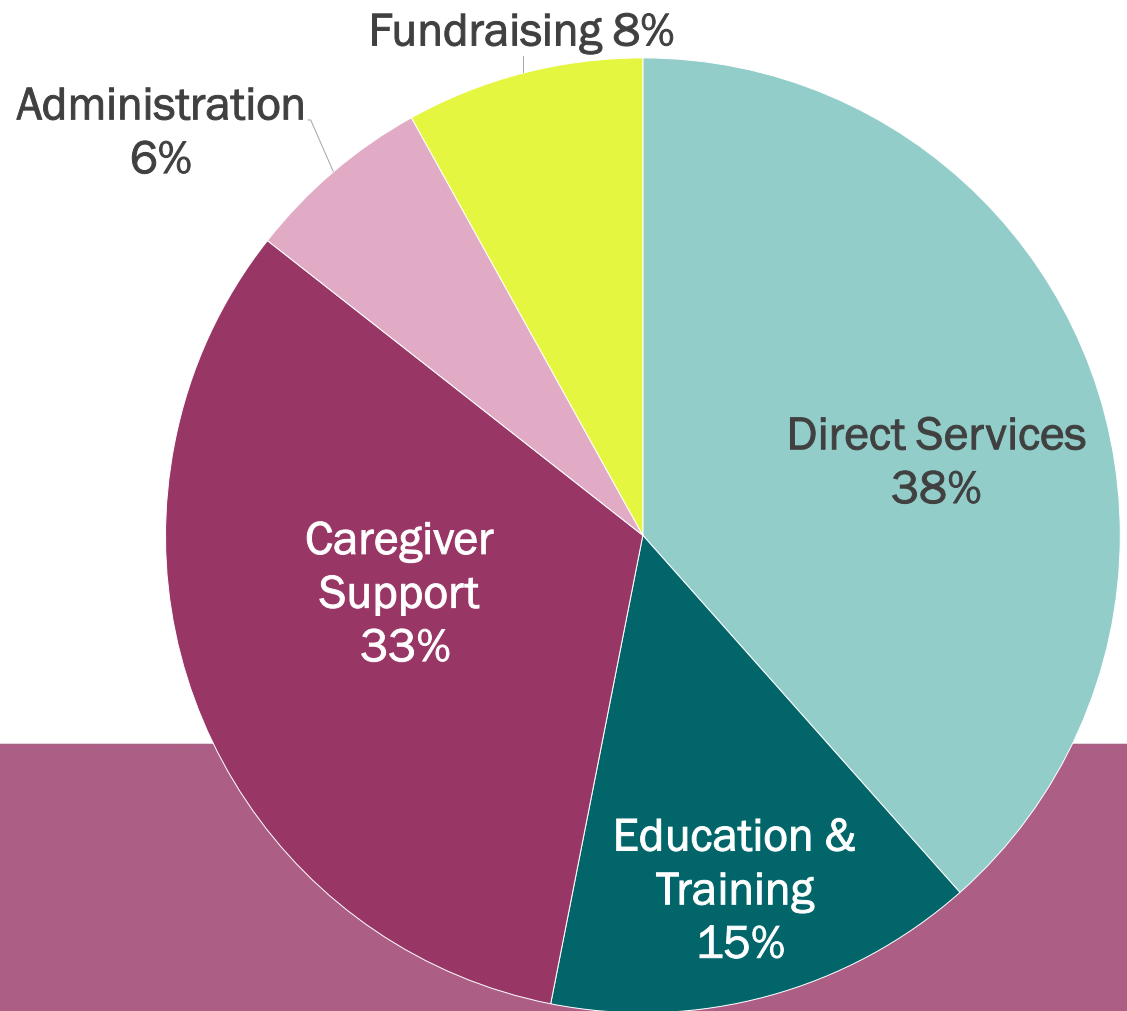
# Income







# Expenses



# A YEAR TO REMEMBER



## **BOARD OF DIRECTORS**

Maurice Meyer, President

Sue Marstein, Secretary

Rod Harren

Joyce Hess

Jerry Mehr

Judy Boulton

Joe Christensen, Vice President

Mary Stalberger, Treasurer

Shelly Harren

Carlena Johnson

Peter Omann

## **STAFF**

Carol Lundquist, Executive Director

Lorene Deford, Health & Wellness

Denise Leahy, Caregiver Support

Karen Skaj, St Stephen Coordinator

Stacie Supan, Program & Service Coordinator

Thank you for your  
support of Helping  
Hands Outreach

