



Upcoming Events

We are in need of Volunteer Drivers!

We need volunteers who are willing to be on a call list for when we have a senior that needs a ride to a Doctor appointment, grocery shopping, or just for an errand. You may drive once a month, or once a year, or every week, that decision is up to you.



**Please call Helping Hands for more info
320-746-9960**



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 12:00

*St. Stephen church parking lot 12:00

Please let us know how we can help you.

- Rides to appointments/shopping/errands
 - Light housekeeping
 - Someone to visit with
 - Respite for caregivers
 - Equipment rental
 - Meals
 - Grocery shopping
 - Lending Library/puzzles
- Info on other senior services available by calling

**Helping Hands Outreach
320-746-9960**

Happy Holidays to you all!

In this year of challenges and new experiences, I again am overwhelmed by the support of the communities that Helping Hands serve. From donations of gifts for seniors, to offers of help by volunteering to fold and tape newsletters at home, to financial donations, to saving Teal's receipts, to neighbors looking out for their neighbors—all of the staff at Helping Hands are thankful and grateful for all of you!




Carol Lundquist
Executive Director

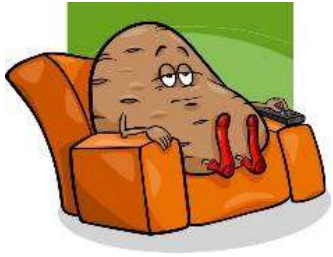
Annual Appeal

Thank you to all who have donated to our annual appeal. We did receive the maximum amount of \$5,000 in matching funds from GIVE65 again this year!!! Donors listed below and on the following page are those that were received in the office by Thursday, December 3rd. Those received after that date will be listed in the next newsletter

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James & Sharon Winter♥Jeanette Woidyla♥Viola Wuebkers

Anonymous in memory of Norbert & Jeanette Sobania
 Anonymous in memory of Fred Legatt
 Jacob & Rita Beckius in Memory of Clarence, Stella & Tony Pilarski
 Adam & Rachel Blenker in memory of Andrew Blenker
 Laurie Blenkush Morgan in memory of my sweet cat
 Eugene & Phyllis Breth in memory of Sally Kuklok & Dennis Yurczyk
 Dale & Kathy Bruns in memory of Gary Konsor
 Ervin Bueckers in memory of Bertha Bueckers
 Rodney & Roslie Deters in memory of Shirley Deters
 Leroy & Joan Dobis in memory of deceased parents Paul & Veronica Frie
 Robert & Johnita Dombrovski in memory of Viola Dombrovski
 Jerome & Kathleen Ebnet in memory of deceased Johannes & Ebnet families
 Ramona Fedor in memory of Lloyd Fedor
 Clarence & Leone Fowler in memory of Caden Fowler
 Duane & Mona Hanauer in memory of Debbie Hanauer
 Duane & Mona Hanauer in memory of Joyce Deitschmann
 Arthur Harlander in memory of Harlander/Breth deceased family members
 Art & Rene Harlander, Jr in memory of Sandra Rose Rene Harlander
 Mary Ann Hartung in memory of George Hartung Jr
 Florence Heim in memory of Clarence Heim, Heim and Urecht families
 Val Hommerding & family in memory of deceased members of Schlangen & Hommerding family
 Brian & Christine Jemming in memory of Sr. Maureen Blenkush
 Gary & Jean Kierzek in memory of Wilfred & Barbara Schwindel
 Larry Klimmeck in memory of Reuben & Clara Klimmeck
 Laverne Kobylinski in memory of Sylvester & Louise Kobylinski & Connie Young
 Hildegard Kociemba in memory of Alois F Kociemba & Virgil Boecker
 Rosie Krebs in memory of Howard Krebs
 Jim & Janet Krych in memory of our parents
 Joe & Barb Lang in memory of Alex & Then(?) Long
 Ken Lemke in memory of Marcy Lemke
 Lorraine Lentz in memory of Fritz Lentz
 Elmer & Jennie Maciejewski in memory of Bill and Mike Maciejewski
 Bob & Alice Maine in memory of Frank Ebnet family members
 Cletus & Linda Miller in memory of Leonard Hartung
 Terry & Christine Morgel in memory of deceased veterans
 Carol Opatz in memory of the Family members of Edwin & Carol Opatz
 Tim & Lisa Peterson in memory of Tim Fleck
 Gerald & Joan Pilarski in Memory of Lee & Louise Bieniek
 John & Amy Pilarski in memory of Mike Saurer
 Robert Pilarski in memory of Clarence, Stella & Tony Pilarski
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 Lorraine Traut in memory of deceased members of the Ben Warzecka family
 Craig & Roxanne Voss in memory of Larry Rudolph
 Delores Voss in memory of Vernon Sr, Kevin and Ruby Voss
 Donna Vouk in memory of Donald Vouk
 John & Bonita Weitalla in memory of Ferdinand, Ethel, Rodney & Larry Adolph
 Sharon Yurczyk in memory of Dennis Yurczyk
 Linus & Marilyn Yurczyk in memory of Norbert and Dennis Yurczyk
 Craig & Roxanne Voss and Virgil & Mary Roering in memory of Mary Stodolka, Eleanor Wentland, Bob Maine & David Bias

Thank You! 

Don't sit all day!**Stay Fit During the COVID-19 Pandemic**

We've all been under a lot of stress because of this pandemic and I think it's important to know that our immune system works better, as well as reduces the feelings of stress and anxiety when moderate-intensity physical activities are done.



Lorene DeFord
Health and Wellness Coordinator

Physical Activity Recommendations are to do between 20 – 45 minutes per day of moderate-intensity aerobic physical activity, and to include 2 sessions per week of muscle strength training.

Following are some strategies to try.

Aerobic Indoor Activities

- For 10- 15 minutes, 2-3 times per day: Put some music on and dance to your favorite music, or walk briskly around the house during every commercial (or periodically) or go up and down the stairs.
- Do an active chore, like doing dishes, or taking out the garbage.
- Do an exercise video or an active video game like WII.
- Use home cardio machines if you have them.

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Museum Hours by Appointment

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

Web info - HoldingfordAreaHistoricalSociety

Aerobic Outdoor Activities

- While keeping your distance and wearing a mask if near others. Walk around your neighborhood or visit a local park.
- Go for a bicycle ride.
- Play active games with your family like basketball in the driveway.

Strength Training

- Download a strength workout app to your smart phone.
- Do a strength training video.
- Perform yoga, or Tai Ji
- Find ways to do simple muscle strengthening exercises around your house such as:

◦ Squats or sit-to-stands from a sturdy chair ◦ Push-ups against a wall, the kitchen counter or the floor

◦ Lunges or single leg step-ups on stairs

Even if it is only 2, 5 or 10 minutes is better than just sitting around doing nothing.

Stay positive. Stay active. Be smart and safe.

Here is a link to the CDC website for coronavirus updates: <https://www.cdc.gov/coronavirus/2019-ncov/whats-new-all.html>



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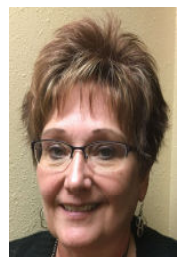
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Stacie Supan
Program and Service Coordinator



Karen Skaj
St. Stephen Service Coordinator

Is Mom or Dad suddenly acting different?

One possible reasons could be an Urinary Tract Infection

Typical Symptoms of UTI

Urine that appears cloudy or dark, bloody urine, strong or foul smelling urine, frequent or urgent need to urinate, pain or burning during urination, feelings of pressure in the lower abdomen, low-grade fever, night sweats, shaking or chills

Lesser-Known UTI Symptoms in Elderly Individuals

Older adults with UTIs may not exhibit any of the hallmark signs listed above because their immune systems are unable to mount a significant response to the infection. On top of the lack of noticeable symptoms, many seniors do not or cannot express their discomfort to their caregivers.

Since elders' bodies respond differently to infection, it is important to look for atypical signs and symptoms. A marked change in mental state is one tell-tale symptom of UTIs in the elderly, but it is often mistaken for the early stages of dementia or Alzheimer's disease, according to the [National Institute on Aging \(NIA\)](#).

Indicators of infection in seniors include the following symptoms, especially if their onset is sudden:

- | | |
|---|----------------------------------|
| Confusion or delirium | Agitation |
| Hallucinations | Other unusual behavioral changes |
| Poor motor skills or loss of coordination | Dizziness |
| Falling | |

Acute behavioral and/or functional changes are often the only symptoms that present in the elderly, so it is crucial for family caregivers to keep an eye out for these sudden changes in behavior and mental state.



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Drop off your Teals Market receipts! We continue to accept and benefit from your Teals Market receipts. To date in 2020 we have received more than \$600.00. 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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Bill & Ruth Vouk in memory of Jenny & Bobby Feidler,
 MaryAnn & George Svobodny



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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."



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

