

Upcoming Events

Weekly Meals

Tuesdays in Holdingford

Noon at City Hall followed by social/cards for those wishing to play. Cost is \$5.00 per meal

Wednesdays in St. Stephen

Noon at **Trobec's** through March, then at the **Rusty Nail** in April, May and June followed by cards. Cost is \$6.00 per meal



Monthly Lunch & Learns

St. Stephen - 3rd Thursday of the

month at St. Stephen Church Hall

March 17th and April 21st

Holdingford - 4th Thursday of each

month at Holdingford American Legion

March 24th & April 28th

Both will start at 11:30 with social, 12:00 meal, Speaker at 12:30, and entertainment to follow.



Thank you to:

Holdingford Lions

Blackberry Ridge Golf Course

For Providing the meal for
Lunch & Learn!

Feet First Clinic

Holdingford City Hall

1st Tuesday of the month starting at
9:00 am to Noon



St. Stephen

Individual Appointments

**Call Helping Hands for an
Appointment 320-746-9960**



Upsala Community Center

2nd Monday of the odd months
9:00 am to Noon

Call Mary at **320-573-4435** for
an appointment in Upsala

Support Helping Hands Outreach

When you shop at



See how on page 3



Exercise Classes

Holdingford City Hall



Monday & Thursday 9:30-10:30 am

Thank you to all who supported Helping Hands during our Annual Appeal. We received the maximum in matching grant from the Home Instead Foundation/Give65 of \$5,500

- ♥ Joe & Darlene Adrian ♥ Lois Angulski ♥ American Legion Holdingford Post #211 ♥
- Anonymous ♥ Joan Berg ♥ Tim & Sharon Berscheid ♥ Walter & Loura Beuning ♥
- ♥ Brad & Judy Boulton ♥ Mary Ann Buttweiler ♥ Doris Elfering ♥
- ♥ Norbert & Virginia Fiedler ♥ Ron & Joan Frie ♥ Duane & Ramona Hanauer ♥
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- ♥ Hennen Floor Covering ♥ Allen & Diane Herzog ♥ Robert & Rita Jarnot ♥
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- ♥ Elmer & Jennie Maciejewski ♥ Steve & Robin Maciej ♥ Mel & Elaine Majerus ♥
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- ♥ George & Adella Opatz ♥ Donna Paggen ♥ Jon & Laurie Perry ♥ Elizabeth Peterson ♥
- ♥ Loren & Jo Ann Philippi ♥ Gary & Joan ♥ Rademacher Randall & Patricia Roehl ♥
- ♥ Marlene Scepaniak ♥ Eugene & Karen Skaj ♥ Raymond & Anita Smoley ♥
- ♥ St Anthony Christian Mothers ♥ Philomene Stegura ♥ Ken & Linda Stoermann ♥
- ♥ Joseph & Jane Traut ♥ Michael Trettel ♥ Mark Viehauser ♥ Tom Vos ♥
- ♥ Julie & Chris Warren ♥ Vera Warzecha ♥ Ray & Carol Wilczek ♥
- ♥ Delores Bialka In memory of Bialka & Kleszcz ♥
- ♥ Art & Rene Harlander In memory of Art Harlander, Sr ♥
- ♥ Gary & Jean Kierzek In memory of Tony Kierzek ♥
- ♥ Darlene Kostreba In memory of Henry Kostreba ♥
- ♥ Gerald & Jodi Knutson In memory of Kevin & Curly Stanoch ♥
- ♥ Miller-Carlin Funeral Home In memory of Rodney Adolph ♥
- ♥ Bob & Sandi Mohs In memory of Vince & Rita Kostreba ♥
- ♥ Jean Peleske In memory of William & Craig Peleske ♥
- ♥ Marcella Piasecki In memory of Don Piasecki ♥
- ♥ Rich & Theresa Pilarski In memory of Smoley & Pilarski Families ♥
- ♥ Don & Janet Rothstein In memory of Dennis, Violet & Kathy Meager ♥
- ♥ Mary Jane Schmit In memory of Marie & Alfred Schmit & Ron Schmit ♥
- ♥ Delores Schneider in memory of Kostreba & Schneider Family ♥
- ♥ Doreen Smoley In memory of Ken, Rick, Kim & Mike ♥
- ♥ Linda Stoerman in memory of Sandra Peirskalla ♥
- ♥ Jerome & Dolores Supan In memory of Alice Supan ♥
- ♥ Steve & Patty Voss In memory of Florence Voss & Clarence Jarnot ♥
- ♥ Jacqueline Vos In memory of Ralph & Agnes Vos ♥
- ♥ Frank & Lisa Vouk In memory of Kathleen Vouk & Norma Vouk ♥
- ♥ William & Ruth Vouk In memory of Mary Ann Svobodny ♥
- ♥ Bonita Woitalla In memory of Ferdinand, Ethel, Rodney and Larry Adolph ♥
- ♥ John Woitalla In memory of Alois Woitalla ♥



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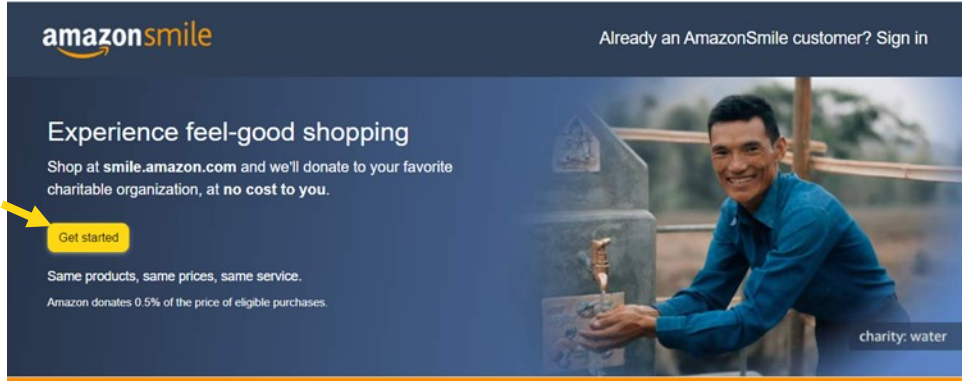
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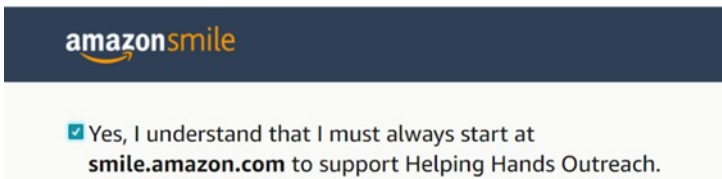
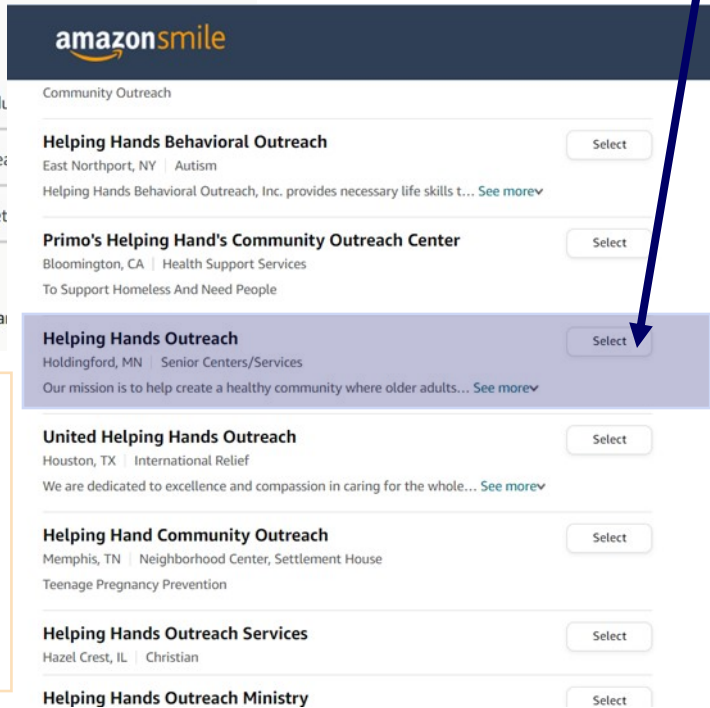
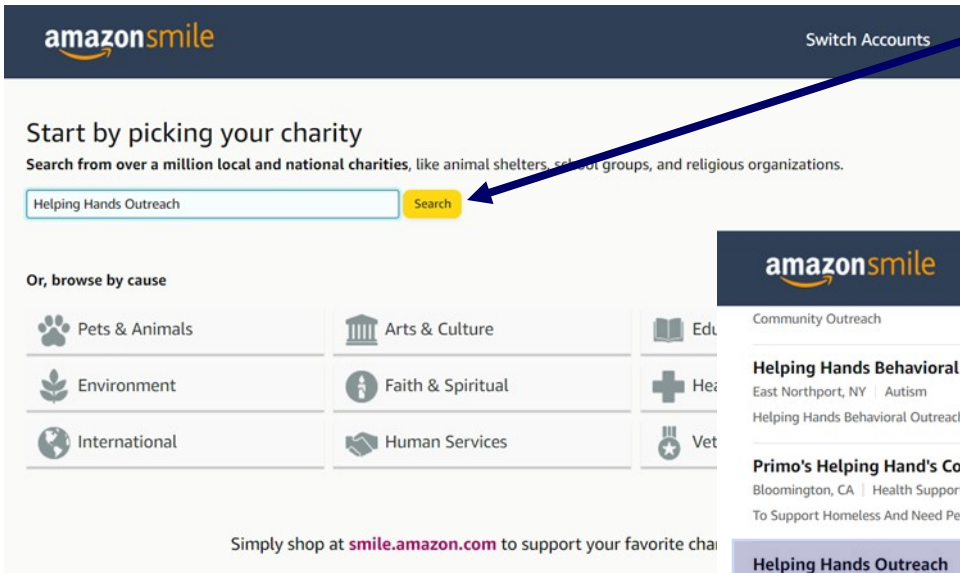
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SAVE THE DATE

Volunteer Training Tuesday, March 8th

Choose which time works the best for you
Meetings at our office—531 Main Street Holdingford

Session 1 12:30—2:00

Join us for a complimentary lunch at the City Center prior to the meeting

Session 2 6:00—7:30 pm

We will be serving supper at the start of the meeting

We will be reviewing our new handbook and completing annual training requirements. If you've ever thought about volunteering, this would be a great meeting to attend!



Pick up NAPS boxes 1st Monday of the month

Pick up boxes at the Avon Food Shelf at 1 pm, deliver to Helping Hands office

Meal Delivery Drivers

Consider volunteering one Tuesday a month!

Deliver 4-7 meals for Holdingford's Tuesday lunch. Pickup time between 11:45—Noon

Get a group of friends together and cook a meal for our Lunch & Learn

Call us at 746-9960 for more information!



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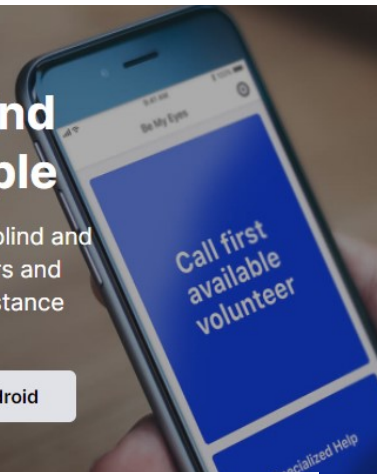


Bringing sight to blind and low-vision people

Be My Eyes is a free app that connects blind and low-vision people with sighted volunteers and company representatives for visual assistance through a live video call.

Download for iOS

Download for Android



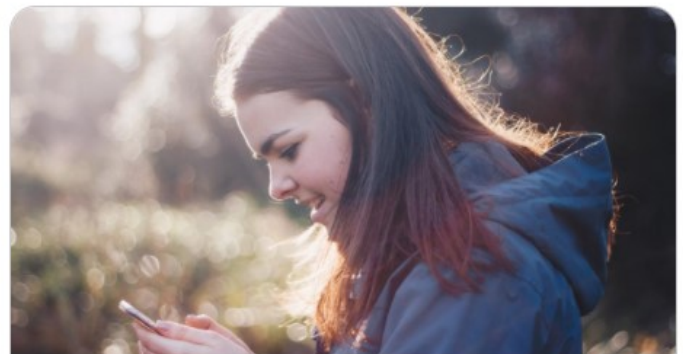
How it works

Every day, sighted volunteers lend their eyes to solve tasks big and small to help blind and low-vision people lead more independent lives.



Blind or low-vision person requests assistance

As a blind or low-vision person, whenever you need visual assistance, our volunteers are happy to help. Through the live video call, you and a volunteer can communicate directly and solve a problem. The volunteer will help guide which direction to point your camera, what to focus on or when to turn on your torch.



Sighted volunteer receives video call

As a sighted volunteer you can help just by installing the Be My Eyes app. A blind or a low-vision user may need help with anything from checking expiry dates, distinguishing colors, reading instructions or navigating new surroundings.



We get donations of depends occasionally, so if you use them, please let us know!



Refresher Class

March 9th 10:00 am—2:30 pm
At Lakeside Tavern (formerly The Landing)

Initial Class

Tuesday, March 8th 6:00 pm—9:00 pm at
Helping Hands Office and March 9th 10
am—2:30 pm at Lakeside Tavern

Call Helping Hands at 746-9960
to register

Price \$25.00—Lunch included



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HIRING!**

Program & Service Coordinator

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Client Support / Caregiver Consultant

20 hours / week

Check out our job listings on Indeed
Or call Carol at 746-9960 for more
information

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- Joe Christensen
Vice Chair
- Shelly Harren
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- Mary Stalberger,
Treasurer
- Rod Harren
- Roger Justin
- Carlena Johnson
- Sue Marstein
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- Maurice Meyer
- Judy Boulton
- Lenore Dawson

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- Carol Lundquist,
Executive Director
- Denise Leahy
Caregiver Support Coordinator
- Rice Coordinator

Drop off your Teals Market receipts! We continue to accept and benefit from your
Teals Market receipts. In 2021 we have received **\$948.33.**

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.



Donations in Memory of

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 Idella Schneider in memory of her sister, Delores Johannes

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 Jean Knese
 Linda Harren

Thank you!

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Scotch tape Refills

Our Apologies if we fail to print your name in our Donor/Contributors/Supporters list. Please give us a call so that we can correct it in our next newsletter.

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