



July 12-15

Helping Hands Outreach is again participating in the Give65 Event to help aging adults right here in Holdingford & St Stephen
Visit Give65.org and enter **Helping Hands Outreach** in the search bar to find us.

Our Goal is \$10,000

We have the chance to not only receive up to \$5,000 in matching funds, but we are also competing for an additional **\$10,000** in financial rewards, based on how many donors give online.

So spread the word to your friends and encourage them to donate online starting at 8 am on July 12.

We also will be accepting checks mailed to the office with Give 65 in the memo line that will be donated online for the matching \$5,000.

Donations of \$10 or more accepted at 8 am on July 12th until 1 am July 15th



**Our office
will be
closed on
4th of July**



**Love to Play
Games?**

Join us at Helping Hands office for Game Day

Wednesdays
9:30-11:00

Starting in mid-August

Volunteer Opportunities

- **Help at Holdingford Daze with the Bake Sale or Bingo!!**
- Meal Delivery Drivers
Deliver 4-7 meals for Holdingford's Tuesday lunch. Pickup time between 11:45—Noon
- Lunch & Learn—Help with meal prep
- Computer Data Entry in office
- Assist with teaching an Evidence Based Health Promotions Class (Training is provided)
- Sewers needed to help make Meal delivery bags and table runners for our Lunch & Learns—supplies are provided
- Drive clients to medical appointments

Call us at 746-9960 for more information!

Holdingsford Daze July 8th and 9th Husker Pride



Helping Hands Office
Friday July 8th 4-8 pm
Sat. July 9th 11:30-3:00

Coffee Cakes and other baked goods will be available to purchase. We will accept any baked goods you would like to donate for our bake sale.



We need of volunteers to help out with the bake sale and Bingo. Please call our office to sign up 320-746-9960. We appreciate any help you can give in making our fundraisers a success!

Seniors we have a cool place for you to come in and get a refreshment if you want to take a break from the heat.

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GRINNELL MUTUAL

Upcoming Events

Weekly Meals

Tuesdays in Holdingford

Noon at City Hall followed by social hour. Cost is \$5.00 per meal

Wednesdays in St. Stephen

Noon at the **Trobecs** followed by 500. Cost is \$6.00 per meal



Monthly Lunch & Learns

NO MEAL IN JULY

St. Stephen - 3rd Thursday of the month at St. Stephen Church Hall

August 18th

Holdingford - 4th Thursday of each month at Holdingford American Legion

August 25th

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

Thank You!

For providing the meal at Holdingford's Lunch & Learn

Two Rivers Lake Neighbors & Mary Holdingford Lions Club

August Speaker:

Quiet Oaks Hospice House



Feet First Clinic

Holdingford City Hall

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



St. Stephen

3rd Thursday of the even months 10:00 am—Noon



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



Exercise Classes

Holdingford City Hall

Monday & Thursday 9:30-10:30 am



Carol Lundquist
Executive Director

It is with great excitement but a heavy heart to announce that I have resigned as the Executive Director of Helping Hands Outreach to accept the position of the Living at Home Network Executive Director. Helping Hands is a member of The Living at Home Network which are 32 independent, non-profit community held programs across Minnesota that rely on volunteers and community resources to help older people stay healthy and safe as they live independently at home. So although I won't be in the office every day in Holdingford, I still will be closely working with the staff at HHO and the other programs like it across the state of Minnesota, advocating for all the programs at the state legislature and the Department of Human Services, spreading the word about the great work these programs do.

I have loved my time with Helping Hands—working with the clients, community members and other providers. I have been truly amazed at the support this community gives to Helping Hands, both financially and of it's time. Helping Hands has amazing staff who all care for those we provide services for and we are poised to have the best year ever!

I will still be around helping out, volunteering with meals and giving rides!
Thank you all for all the support you have given me,

Carol

Our wish list

Hand Soap
Scotch tape Refills

8 or 12 oz Plastic Cups
Bingo Prizes

Coffee **Postage stamps**
Lemonade Mix



Ways to support Helping Hands

- *Teals Receipts * In-kind donations * Volunteer your time*
- *Cash donations*
- * dropped off at the office or mailed to PO Box 293 Holdingford*
- * through our website www.holdingfordhelpinghands.org*
- * automatic recurring payment through your bank's bill pay service*
- *Designate Helping Hands from your Thrivent Financial account*
- *Designate Helping Hands Outreach on Amazon Smile*
- *IRA Qualified Charitable Distribution*

HEALTH AND WELLNESS TIPS

In the last newsletter we discussed the many benefits of regular exercise. One of the least stressful and most accessible forms of exercise is walking. For some seniors walking is a bigger challenge than for others, so distance and step goals differ from person to person. For the general population 10,000 steps per day is advised for a healthy lifestyle, but those with difficulty walking or experiencing joint pain may settle for a smaller number as a goal. One study found that walking 10,000 steps daily lowered the ten year outlook for mortality by 46%. Walking promotes a healthy lifestyle while strengthening muscles, lowering your risk of heart disease, stroke, diabetes, and colon cancer.

Here are some ideas and advice for walking exercises for seniors. If you have a chronic health problem before you start, check with your doctor about what is a safe level to begin. Invest in a good pair of shoes, this is the only significant cost involved. It is OK to use a cane or walker if you need to. Start slowly in terms of distance and time to gradually build up endurance. Find a place to walk safely: a park, a trail or inside a building. Many neighborhood schools have time periods when people can use the hallways to walk. Walk with a friend, or a group of people. If you walk with other people, it is more fun, you will increase your social circle. It is harder to cancel a planned walk when you know you have a friend waiting for you. Also, when walking with others you will find that you tend to walk further and longer, and it is safer to walk with others.

There is an old proverb, "The longest journey starts with the first step". So it is with the journey to a healthy life style. It is never too late to start, what is important is to get started!



Take Charge Tip

Avoid taking medication short cuts

Do you struggle to cover your prescription costs each month? If so, maybe you have tried one of these shortcuts to save money:

- Rotating which prescriptions to fill each month based on cost.
- Stretching medications by skipping or reducing scheduled doses.
- Stopping medications by skipping or reducing scheduled doses.
- Substituting over the counter medications for prescriptions.

These actions are potentially unsafe. It might feel like you're saving money, but in the long run these actions could cost you more by worsening your health situation.

Never take these actions without first talking with your health care provider or pharmacist. They won't know your drug cost concerns unless you tell them, and they will be glad to help!

Did you know?

23% of older adults say it is difficult for them to afford their medications.

Source: Kaiser Family Foundation

Welcome to our new staff

My name is Rhonda Zimmerman and as I was an army brat, I grew up all over. I was employed as a physical therapy assistant for over 20 years and worked in various nursing homes in the area.



I have a wide variety of interests and love the outdoors, traveling and all animals. I recently began my own business called Howling Acres Inn where your pup is our guest, staying in a dynamic in-home environment where they will play, rest and be cared for as one of the family.

Stop in and meet Rhonda & Abby!



My name is Abby Tensen, and I am originally from Belgrade, MN but I now live in St. Martin. I am 19 years old, and I graduated from BBE high school in 2021. I go to Saint Cloud State University, and I am in the process of obtaining

a bachelor's degree in psychology with a minor in community psychology. I am a third year (junior) and I hope to graduate in the fall of 2023. I enjoy many different hobbies including knitting, crocheting, traveling, photography, being outside in nature, and being with family and friends. I also enjoy animals of every kind especially cows.

Office Hours
Monday—Thursday
8 am—4 pm
Friday
8 am—2 pm

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 Coordinator
 Abby Tensen
 Program & Service Coordinator

Drop off your Teals Market receipts! We continue to accept and benefit from your Teals Market receipts. In 2022 we have received **\$407.86.**

In total we have received \$5020.40

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

Larry Klimmek in memory of Clara & Reuben Klimmek
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Thank you to Jean Knese for the fun gnomes she made and shared with our Tuesday diners

MBAH Kennel License: MN140200



Tri-County Humane Society occasionally receives cats that do not make good indoor pets. These cats prefer earning their rent by assisting with pest control in barns or shops. All "working cats" are spayed/neutered and rabies vaccinated before they are allowed to work, and are available at an adoption fee of your choosing. For more information, or to be placed on a waiting list for a working cat, please call (320) 252-0896.

www.tricountyhumanesociety.org

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.

Helping Hands Outreach
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