

Thank you to all who supported us during our Give65 event. The total local donations were \$16,632.14 plus \$5,500 in matching funds from the Home Instead Foundation!!!

Louise Adolph ★ American Legion Holdingford Post #211 ★ Rosemary Anderson ★ David & Rita Auer ★ Leroy & Kathy Beuning ★ George Bieniek ★ Leo Bieniek ★ Joann Binsfeld ★ Dianne Blonigen ★ David & Ellie Boecker ★ Gerald & Mary Jane Boeckermann ★ Bowlus American Legion ★ Brenny Transportation ★ Dale & Kathy Bruns ★ Brain & Tammy Butler ★ Connie Cardinal ★ Marvin & Elizabeth Caspers ★ Patty Caspers ★ Joe & JoAnne Christensen ★ Robert & Shirley Clear ★ Cornerstone Insurance ★ Robert & Anna Cremers ★ Laurie Czech ★ Myles & Lenore Dawson ★ Leroy & Joan Dobis ★ Robert & Johnita Dombrowski ★ Herman & Bernice Ebnet ★ Steve & Kimberly Ebnet ★ Warren & Bernice Eiden ★ Donald & Sharon Evens ★ Jeanne Fenlason ★ Eric Fowler ★ Bernard & Helen Frie ★ Marie Gertken ★ Linus Goebel ★ Vernon & Maxine Goebel ★ Rodney & Linda Harren ★ James Hartung ★ Frank Haynes ★ Kevin Headley ★ Andrew & Joann Heinen ★ Leonard & Judy Heitzman ★ Steve & Lorrie Hellmann ★ Peggy Heying ★ Holdingford Lions Club ★ Rose Mary Huls ★ Beverly Hyndman ★ Duane & Lori Jarnot ★ Roger & Mickey Jeffers ★ Allen & Donna Johannes ★ Larry Klimmek ★ Jean Knese ★ John & Katie Knettel ★ James & Mary Koczur ★ Ron & Shirley Konsor ★ Lorene Koopmeiners ★ Gordon & JoAnne Koralewski ★ Kenneth & Linda Lahr ★ Lee & Bernadett Larkey ★ Karen Larsen ★ Mary Ann Lee Latourelle ★ Glen Lauer ★ Arlyn & Marcia Lawrenz ★ Dan & Denise Leahy ★ Clarence & Darlene Legatt ★ Dennis & Lois Legatt ★ Larry & Jane Legatt ★ Matthew & Karen Legatt ★ James & June Loscheider ★ Steve & Robin Maciej ★ Magnifi Financial ★ Charles May ★ Carole & Gerald Mehr ★ Dennis & Cynthia Meyer ★ Maurice & Linda Meyer ★ Cletus & Linda Miller ★ Jeanine Moore ★ Luke Mosey ★ Alcuin & Dolores Notch ★ Marie Omann ★ Peter & Barbara Omann ★ Claude & Susan Opatz ★ Loretta Panek ★ Jean Peleske ★ Pelican Lake Ballroom ★ Muriel Peterson ★ Elizabeth Pogatshnik ★ Margaret Pryately ★ Robert & Donna Pueringer ★ Mary Quirk ★ Joyce Rehkamp ★ Tim & Susan Ressemann ★ Albert & Diane Rodenwald ★ Emily Rudnicki ★ Caroline Sadlowsky ★ Douglas Schindler ★ William & GERALYN Schmainda ★ Ernie & Lois Schmit ★ Idella Schneider ★ Carrie Seanger ★ Robert & Joyce Sieben ★ Ernie & Bernice Skwira ★ Robert & Karen St Marie ★ St Rosa Lumber ★ John & Delores Stang ★ Don Stock ★ Marvin Stoermann ★ Roger & Kathy Thell ★ Phyllis Torbeck ★ Joseph & Jane Traut ★ Michael Trettel ★ Patrick Vandervroc ★ Myron & Linda Vanderweyst ★ Jacqueline Vos ★ Tom Vos ★ Dan Warzecha ★ Ray & Carol Wilczek ★ Louise Winkler ★ James & Sharon Winter ★ Viola Wuebkers ★ Bernard & Marge Wunderlich ★



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Joe & Darlene Adrian in memory of Willsent & Alice Wedel ♥ Joan Berg in memory of MaryAnn Berg ♥ Mark & Theresa Beutz in memory of Janice Young–Pauly ♥ Corrine Blenker in memory of Ralph Blenker ♥ Betty Czech in memory of Ervin Czech ♥ Allan & Brenda Dobis in memory of Gertrude Smunde ♥ Jerome & Kathleen Ebnet in memory of LeRoy Johannes & Marlin Pilarski ♥ Ramona Fedor in memory of Lloyd Fedor & deceased relatives ♥ Norbert & Virginia Fiedler in memory of Mark Fiedler ♥ Leone Fowler in memory of Clarence & Caden Fowler ♥ Jeff Fromm in memory of Leonard & Dolores Fromm ♥ Duane & Ramona Hanauer in memory of Joyce Deitschmann & Debbie Hanauer ♥ Florence Heim in memory of Clarence Heim ♥ George & Donna Kierzek in memory of Amber Zapzalka & Jean Aldingbung ♥ Gerald & Linda Klug in memory of Clara Donnelly ♥ Janet Mae Klug in memory of Donald Klug ♥ Donna Knettel in memory of Donald Knettel & Alan Knettel ♥ Darlene Kostreba in memory of Henry Kostreba ♥ Patrick & Ann Kuklok in memory of Alex & Ceil Kuklok ♥ Lorraine Lentz in memory of Fredrick Lentz ♥ Patrick & Ann Maciej in memory of Donald Maciej, Mike & Cecelin Fussy ♥ Elmer & Jennie Maciejewski in memory of Mike Maciejewski & Bill Maciejewski ♥ Alice Maine in memory of Robert C. Maine ♥ Rick & Bonnie Meier in memory of Isabelle Lane ♥ Bob & Sandi Mohs in memory of Rita & Vince Kostreba ♥ Everett & Sandy Olson in memory of Earl & Vesta Volk ♥ Jerry & Elain Omann in memory of Sylvester Majeski & Diane Omann ♥ Odilia Panek in memory of Sophie Kuehn ♥ Kathleen Pantzke in memory of Tony & Lorraine Rutz ♥ Timothy Peterson in memory of Richard & Betty Fleck ♥ Loren & Jo Ann Philippi in memory of the deceased Ben Warzecha Family ♥ Gerald & Joan Pilarski in memory of Clarence, Stella, & Tony Pilarski ♥ Robert Pilarski in memory of Clarence, Stella, & Tony Pilarski ♥ George & Doreen Platz in memory of Joseph & Mary Platz ♥ Pat Raeker in memory of Eugene & Glorine Raeker ♥ LeDonna Reisdorf in memory of deceased relatives ♥ Jeanette Scepaniak in memory of Dennis Scepaniak ♥ Marlene Scepaniak in memory of Jim & Tim Scepaniak ♥ Rosalie Schindler in memory of Jerome Schindler ♥ Marcy Schmidt in memory of Mary Feldewerd ♥ Leon Schmitz in memory of Gilbert & Marie Schmitz ♥ Michael Slivnik in memory of Marci Shea ♥ Dale & Melanie Sobania in memory of Norbert & Jeanette Sobania ♥ Glen & Karen Solarz in memory of Ted Solarz & Darwin Johnson ♥ Lois Solinger in memory of Andy Solinger ♥ Mary Stangler in memory of Robert Stangler ♥ Philomene Stegura in memory of Joseph Stegura & Kathryn Ruprecht ♥ Ralph & Mary Stich in memory of Reinhand & Anne Gerads, Alex & Gen Stich ♥ Tom & Jeanette Stodolka in memory of Nick Stodolka ♥ Linda Stoermann in memory of Ken Stoermann ♥ Jerome & Dolores Supan in memory of Dolores Huls ♥ Carol Tembreull in memory of Don Tembreull ♥ Eric & Susan Tix in memory of Paul Tix ♥ Regina Trettel in memory of Eddie Trettel, Susie & Martin Posch ♥ Delores Voss in memory of Vern, Kevin, & Ruby Voss ♥ Steve & Patty Voss in memory of Clarence, Rosemary, Jarnot, & Florence Voss ♥ Donna Vouk in memory of Donald Vouk ♥ Bruce & Cheryl Warga in memory of Raymond & Dolores Warga ♥ Allan Warzecha in memory of Donna Warzecha ♥ Samuel & Amanda Welle in memory of the Breth & Welle Families ♥ Ed Westrom in memory of Sharron Westrom ♥ Kathy Wohletz in memory of Roger Wohletz ♥ Steve Woidylla in memory of Laverne Woidylla & Izzie Lane ♥ Linus & Marilyn Yurczyk in memory of Dennis, Norbert, & Claude Yurczyk ♥ Sharon Yurczyk in memory of Dennis Yurczyk ♥ Brenda Forner & Brian & Ruby Cropper in memory of David & Carol Cropper ♥ Jerome Warzecha in memory of Raymond Warzecha ♥ Anonymous donation in memory of Jessica Leonard ♥ Anonymous donation in memory of Danny Howard ♥ Anonymous donation in memory of Fred Legatt ♥ Lacy Johannes in memory of Laverne Woidylla ♥ Anonymous donation in memory of Elizabeth Mensinger ♥



Thank You

Upcoming Events

Weekly Meals

Meals Served at Noon

Holdingsford- Tuesdays at City Hall followed by social hour and/or **500 starting now**.

St Stephen- Wednesdays followed by 500. September at Trobecs Oct-Dec at The Rusty Nail.

Monthly Lunch & Learns

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

St. Stephen - 3rd Thursday
Stephen Church Hall
September 15th & October 20th

Holdingsford - 4th Thursday
Holdingsford American Legion
September 22nd & October 27th

September Speaker: Tri-CAP
October Speaker: The Healing Grounds
Planning for Flu shots at Oct Meals

Exercise Classes

Holdingsford City Hall

Monday & Thursday 9:30-10:30 am



Feet First Clinic

Holdingsford City Hall

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

St. Stephen Church Hall

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

Call Helping Hands for an Appointment 320-746-9960

Upsala Community Center

2nd Monday of odd months 9:00 am—Noon

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

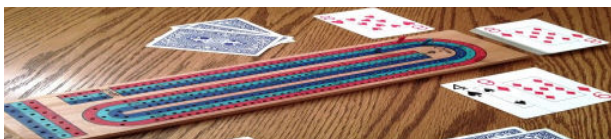


Love to Play Games?

Join us at Helping Hands office for Game Day
Wednesdays 9:30am—11:00am

Cribbage League

Tuesdays 1:00– 3:30 Rice Lions Building



Starting in November we will be taking pre-orders for our coffee cakes! These will be made and ready around Christmas time



Our office will be closed on September 5th for Labor Day

Before I start telling you about the new Helping Hands Director. I want to say, from the bottom of my heart- **Thank You!**

Your financial support through the Give65 fundraising drive, not only helps keep the doors open, it encourages us (staff) to push forward and do all we can to serve the communities of Holdingford, St Stephen, and Rice.

Most of you know I am not new to Helping Hands Outreach. I have been with the organization for 9 years. First two years as an America Corps VISTA participant, building the program in St Stephen. Since 2015 I have been the Director of the Adult Day Center, bookkeeper, grant reporter, caregiver consultant, IT and maintenance, client support, service coordinator, cook, baker, transportation, homemaking, chore provider, and most recently the Rice program coordinator. Pretty much everything, except Executive Director. So here I am. Honored to be the new Director of Helping Hands Outreach.



Denise Leahy
Executive Director
Rice Coordinator

Little bit about myself. Not from the area, but my husband and I have lived east of Opole for 38 years. I take great joy in learning the history of our communities and piecing together all the family connections. I enjoy being outside, and I am on a mission to hike all the MN State parks. I would prefer hiding in a back office doing accounting and data but have come to love the very public parts of being on staff at Helping Hands. Conversations with those that stop by the office are a highlight of the day.

Everyday I remind myself often to live out this place- "A heart full of grateful for all I have been given" a line from the Dierks Bentley song "Living." And my favorite verse, Ephesians 3:20 (amplified bible version) ...that He is able to do superabundantly more than we dare ask or think infinitely beyond our greatest prayers, hopes, or dreams...

I am forever grateful for having served under the leadership of Carol Lundquist. Will miss her greatly. Promise to do my best to serve the community, and to continue to build on her work to make Helping Hands Outreach the first call for help, support, and resources.

Volunteer Opportunities

- Meal Delivery Drivers
 - Deliver 4-7 meals for Holdingford’s Tuesday lunch. Pickup time between 11:45
 - Deliver 4 meals for St Stephen Wednesday lunch. Pickup time 11:45
- Lunch & Learn— Looking for a Cook or Cooks to help plan and prepare our monthly meals in St Stephen and Holdingford. We buy the supplies.
- Still looking for volunteer drivers in Holdingford and St Stephen

Employment Opportunities

- Housecleaning—15 -20 hours per month Flexible schedule.
- Client Support/Health & Wellness Coordinator emphasis on evidenced-based exercise classes. Will train. Part-time Flexible schedule.

Call us at 746-9960 for more information!

HEALTH AND WELLNESS TIPS

In the last newsletter we discussed the dangers of taking shortcuts to cover medications. As said in the last newsletter, taking medication shortcuts are potentially unsafe. Some of the shortcuts that you could take could actually cost you more by worsening your health opposed to saving you money. It can do more harm than good.

Always talk to your health care provider or pharmacist before taking any kind of shortcut. They will be happy to help with any drug cost concerns that you have. The best way to get help is to talk about it. Struggling to cover prescription costs can be stressful, but there are people that want to help. There are also state programs that can help you cover the cost of your prescriptions. The state programs can provide extra help relative to your income. Social Security also has a program that can help with covering the costs of prescription medications. Mail- Order Pharmacy companies also can help, you can get a three month supply and there will be fewer trips to the pharmacy. Affording prescription medication isn't always easy but there are safe ways to help cut down the cost and there are programs designed to help you afford prescription medications.



Take Charge Tip

Aim to eat a meal with someone once per week

Many people experience a loss of appetite. Several factors could be contributing to a decrease in the desire to eat — from dental or sinus issues, side effects of medication or being a smoker — to loneliness, a loss of taste and smell, effects of COVID-19 or conditions that affect the central nervous system. A loss of appetite is concerning because when you eat less than your body needs, you could become malnourished and vitamin-deficient. You could also lose strength, weight and the ability to stay independent.

Tips for a more enjoyable mealtime:

- Plan out your meals
- Add flavor to your meals
- Make sure to eat nutrient rich meals; not necessarily larger portions
- Try eating five or six smaller meals throughout the day
- Make your meals an occasion; sit down at a table, use the nice and pretty dishes, and listen to music

As always, talk to your health care provider if you have concerns about your appetite or if you experience new or different symptoms.

Source: Stanford Health Care

Did you know?

Between 15% and 30% of older adults experience a decrease in appetite.

Source: National Institutes of Health/National Library of Medicine

Our wish list

Bingo Prizes for:

Holdingsford & St. Stephen:

- * **Food Items**
- * **Snacks & Sweets**
- * **Juice**
- * **Smaller sized large print Word Find & Sudoku books**
- * **Cleaning Products**
- * **Paper Products**



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

Helping Hands Outreach Board Members:

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

Staff:

- Denise Leahy
Executive Director
- Rice Coordinator
- Rhonda Zimmerman
Client Support/Caregiver
Coordinator
- Abby Tensen
Program & Service Coordinator

MDA/I Kennel License: MN1/0200



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

Drop off your Teals Market receipts! We continue to accept and benefit from your Teals Market receipts. In 2022 we have received **\$789.24**.

In total we have received \$5401.78

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

Allan Warzecha and family in memory of Donna Warzecha
James & Janis Hovda & Huls family in memory of Dolores Huls
Dory Popp in memory of Don Popp
Jean Peleske in memory of Nancy Olson

Donations

Janet Klug
Geraldine Fenlason
Vance Koller
Rod Harren
Gary Vogt
Geraldine Fenlason
Jeanette Woidyla
Holdingford Legion Auxiliary
We Haul for You

Monthly Supporters:

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Ron & Irene Schmidt
John & Lisa Schmidt
Kathy Schueler
Ben & Holly Torrens
Leo & Sherri Eicher
Don Stock
Joanne Christensen
Vance Koller

In Kind Donations:

Ron & Mary Ritter
Lisa Hoppe
Jean Knese
Jackie Bieniek
Kathy Ebnet
Loretta Fischer
Paula Baggenstoss



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*

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
PO Box 293
Holdingsford, MN 56340-0293

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ELECTRONIC SERVICE REQUESTED

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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