



Thank You to all who supported us during our Give65 match event. The total Local donations were \$ 15,532.50 plus \$5,500 in matching funds from the Home Instead Foundation!!!

Also a big Thank you to all who purchased Coffee Cakes during Holdingford Daze. We sold out in 2 hours. Sorry to all those who didn't get one. Next year we will be making more.

Richard & Bonnie Meier

Jeanette Woidyla

Claude & Susan Opatz

Bernadette Larkey

Warren & Bernice Eiden

Ron & Marlys Howard

David & Rita Auer

Margaret Zimmerman

Max & Vern Goebel

Herman & Bernice

Ebnet

Dolores Supan

Sharon & Donald Evens

Shelley Rolfes

Rob Schumer

Peter & Barb Omann

Ray & Cathy Kostreba

Clarence & Leone Fowler

Jeanette Seaton

Lois Solinger

Robert & Johnita Dombrovski

Ralph & Mary Stich

Rosemary Krebs

Loretta Panek

Robert Pilarski

Robert & Donna Pueringer

Catherine Rehm

RNG Trucking/Robert Gray

Caroline Sadlowsky

Leo Bieniek

Clarence & Darleen Legatt

Mathew Palmersheim

Rod & Linda Harren

Virginia Tretter

Donald & Mary Wentland

Emily Rudnicki



Doreen Czech

Norbert Kollodge

Sandra & Everett Olson

My Salon Hair Design-

Rosanne Voss

Anna Mae Trobec

Robert & Sharon Thell

James & June Loscheider

We Haul For You

Mathew & Karen Legatt

Leon Schmitz

Eric & Susan Tix

Albert & Diane Rodenwald

Alcuin & Dolores Notch

Ann & Patrick Maciej

Leonard & Judy Heitzman

Diane & Richard Koehn

Dale & Kathy Bruns

Fred & Joyce Segler

Bryan & Joan Berg

Arnold Stueve

John & Dolores Stang

George Bieniek

Marvin & Elizabeth Caspers

Rosemary Anderson

Roger Thell

Thomas & Rita Larson

Cornerstone Insurance

Agency Joel & Kathy Ebnet

Leroy & Joan Dobis

Donna Vouk

Ambrose & Kathleen Gertken

Robert & Anna Cremers

Viola Wuebkers

Teresa and Tom Weber

Steve & Lorrie Hellmann

Continued on next page

Give 65 Donors continued.

Janet Krych
 Roger & Michele Jeffers
 Carol Tembreull
 Teresa & Richard Pilarski
 Darlene & Joseph Adrian
 Elizabeth Pogatshnik
 Shawn Riesner
 Joann & Loren Philippi
 Robert & Shirley Clear
 Lenore & Myles Dawson
 Randall & Patricia Roehl
 Joyce Honer
 Jeanette Posch
 Elizabeth Peterson
 Diane Blonigen
 Betty Czech
 Kimberly & Stephen Ebnet
 Delores Voss
 Ramona Fedor
 Robert Lane
 Ernest & Bernice Skwira

Michael Trettel
 Kenneth & Linda Lahr
 Charles & Carol Spychala
 Darlene Huls
 Gerald & Mary Jane Boeckermann
 Richard & Margaret Stang
 Ron and Shirley Konsor
 David Herzog
 Arlyn & Marcia Lawrenz
 Dan & Denise Leahy
 Douglas & Sue Marstein
 Rod & Liz Haberman
 Karen Larsen
 Janet Klug
 Bill & Ruth Vouk
 Laurence Huls
 Douglas Schindler
 Jane & Joseph Traut
 Maury & Linda Meyer
 Lorene Koopmeiners

Jane Nienaber
 Jerome Legatt
 Bernard & Majory Wunderlich
 Charles & Carol Spychala
 Darlene Huls
 Charles & Carol Spychala
 Darlene Huls
 Bernard Ronyak
 Betty Warga
 Bernard & Helen Frie
 Wayne & Muriel Peterson
 Philomene Stegura
 Nancy Thell
 Roger & Mary Weyer
 Florence Heim
 Odilia Panek
 Lois Angulski
 Voila Wuebkers
 Michelle Gohl



Give 65 In Honor and In Memory.

Larry Klimmek in memory of Reuben & Clara Klimmek ♥ Kathy Wohletz in memory of Roger Wohletz ♥ Laverne Justin in memory of Ron Justin ♥ Dorothy Frank & family in memory of Urban J. Frank ♥ Jacqueline Vos in memory of Ralph & Agnes Vos
 Thomas Vos in memory of Ralph & Agnes Vos ♥ Ed Westrom in memory of Sharron Westrom ♥ Donna & Steve Woidylla in honor of Laverne Woidylla & Bob Lane ♥
 Donna & Steve Woidylla in memory of Izzie Lane & Ed Woidylla ♥ Ramona Hanauer in memory of Dewey Hanauer, Debbie Hanauer, & Joyce Hanauer Deitechmann

Our Spotlights of the Month!!
 Check out our office window to see the questions and answers that our spotlights were asked!!

Each month we will be spotlighting Helping Hands Outreach members in our newsletter as well as the window in our office! Spotlighted members will be given a fun questionnaire to fill out. We are excited to highlight all our wonderful people.

September-October

Ruth Vouk	Raymond Barthel
Virginia Fiedler	Norbert Kollodge
Jeanette Scepaniak	Delores Voss
Emily Rudnicki	Donna Knettel

Upcoming Events

Weekly Meals Served at Noon

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

St Stephen- Wednesdays followed by 500.
July-September at Trobec's
October-December at The Rusty Nail

Weekly Meals suggested donation \$6

Monthly Lunch & Learns

Social Starts 11:30

Meal 12:00

Speaker 12:30

Entertainment to follow

St. Stephen - 3rd Thursday
St Stephen Church Hall
September 21st & October 19th

Holdingsford - 4th Thursday
Holdingsford American Legion
September 28th & October 26th

Monthly Lunch & Learns
Suggested Donation \$5

Upcoming Speakers

September- "The Magic Guy" performance
October- Health Fair

Exercise Classes

Holdingsford City Hall

Tuesday & Thursday 9:30-10:30 am

Rice Lion's Building

Tuesdays 12:30-1:30 pm

Feet First Clinic

Holdingsford City Hall

1st Tuesday of the month
9:00 am—Noon

St. Stephen Church Hall

3rd Thursday of even months
11:00 am—Noon

Call Helping Hands for an Appointment 320-746-9960

Senior Traffic Safety Ed

Refresher & Initial Class

Holdingsford: Oct. 17th, 1:00-5:00pm
at the Holdingsford Legion

Rice: Oct. 3rd, 5:30-9:30pm
at the Rice Lions Building

Register at www.STSE.biz
Or call the office 320-746-9960

FUN DAY

Game Day

Wednesdays 9:30-11:00
Helping Hands Office
No experience required



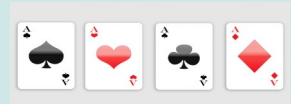
Cribbage

Wednesdays 1:00- 3:00
Rice Lion's Building



500

Wednesdays 12:30- 3:30
St Stephen Trobec's or
Rusty Nail



If you or anyone you know is parting with medical equipment, let them know that Helping Hands Outreach will take it off their hands! We are currently looking for these items.



- In & Out Bath Benches
- Knee Scooters
- Grabbers
- Beside Commode



Fall Clean-up

Monday October 9th



A group of volunteers will be helping with:

- Leaf Raking
- Flowerbeds & Gardens
- Window Washing



If you would like to have our volunteers help out please call the office to sign up.

We have an assortment of incontinent briefs and pads in a variety of sizes.

If you or someone you know is in need of them, please stop in or give us a call.



Volunteer Opportunities

- **We are looking for volunteers to deliver 4-7 meals in and around Holdingford on Tuesdays.**
- 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.
- Always looking for volunteer drivers in Holdingford and St. Stephen.

Call us at 746-9960 for more information!



Helping Hands Outreach Annual Meeting will be on September 27, 2023 at 6:00 pm at Helping Hands Outreach, located at 531 Main Street, Holdingford. The public is invited to attend and celebrate the past year's achievements. The Annual Report will be presented and elections held for board members.





Helping Hands Outreach Annual Health Fair

When: Thursday, October 26, 2023

Where: Holdingford American Legion

Hours: 10 a.m.-12 p.m. Followed by Monthly Lunch & Learn Meal

- Representatives from over 15 venues will provide information concerning a variety of services for senior residents in our area.
- The agents will be available to give out information and answer questions concerning health and wellness opportunities found in our local service area.
- Please come and take advantage of all the information that will be presented pertaining to staying fit, remaining active, and living healthy.
- The flu shot will be available. Please call the office to sign up ahead of time.



Who is a caregiver?

When a person lives at home with mobility or cognitive challenges, chronic health conditions or is nearing the end of life, most of the day-to-day care is provided by a *caregiver*, someone close to the person.

A caregiver is someone who helps another person with everyday activities, medicines, appointments or other tasks.

Caregiving can take many forms, but a caregiver's role is to provide assistance/care for a family member or friend who needs help with activities of daily living (ADL's).

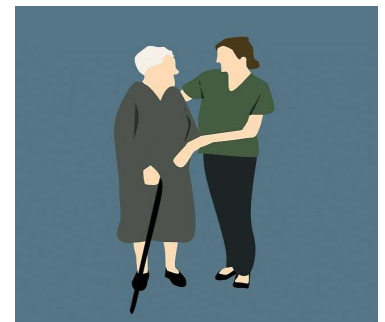
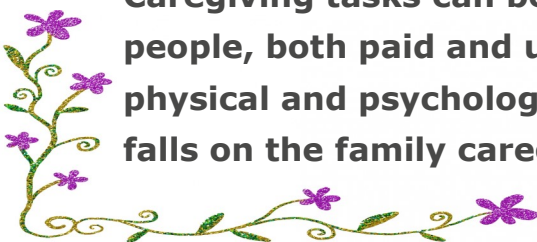
An informal caregiver is usually a family member, friend, or neighbor and these people are generally not paid for their assistance.

Formal caregiving can be supplemented by a hospice team, nurse, home health aid, and these people are generally paid for their services.

Caregiving focuses on the needs of the adult who requires care because of a serious health condition or disability, but it could also apply to other situations.

The care may be provided in a person's home or in another setting, such as an adult day care center, residential facility, or long-term care facility.

Caregiving tasks can be extended to include several people, both paid and unpaid, however much of the physical and psychological stress and responsibility falls on the family caregiver.



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



**Our office will
 be closed on
 September 4th
 for Labor Day**

Wish list:

Bingo Prizes

- Large print Word Find & Sudoku books
- Cleaning Products
- Paper Products
- Shampoo & Conditioner
- Dollar Tree Items

For the Office

- Good Fiction Books for our growing library
- 300 & 500 piece Puzzles
- Printing Paper

Helping Hands Outreach is looking to contract with a Handyman on an on call basis. Our office has a general maintenance needs.



Please give us a call for more information.



Drop off your Teals Market receipts!

We continue to accept and benefit from your Teals Market receipts. In 2023 we have received **\$789.61**

In total we have received \$6,191.39.

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.

Helping Hands Outreach Board Members:

- Peter Omann—Chair
- Joe Christensen—Vice Chair
- Lenore Dawson—Secretary
- Mary Stalberger—Treasurer
- Mark Dorn
- Rod Harren
- Roger Justin
- Carlena Johnson
- Sue Marstein
- Maurice Meyer
- Judy Boulton
- Dorine Rausch

Board Meetings 7:00 pm last Wednesday of the month.
 No Board Meeting July & December.

Staff:

- Denise Leahy
 Executive Director-Rice Coordinator
- Rhonda Zimmerman
 Client Support/Caregiver Coordinator
- Janet Schneider
 Client Support/Health & Wellness Coordinator
- Abby Tensen
 Program & Service Coordinator
- Iris Smoley Housekeeping



Donations in Honor of:

Greg & Karen Knight in memory of Donna Warzecha

Donations:

Darlene Kostreba

Everett & Cheryl Bovy 3 meat
Raffles with proceed going to HHO
Dennis Danzel

Meat Raffle

Rice American Legion
September 2nd ay 7pm

Sponsored by Everett & Cheryl Bovy
Proceeds going to Helping Hands Outreach

Thank you to Shepard of the Pines
Church for the donation of proceeds
from their noisy offering.

THANK YOU!

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

IRA Qualified Charitable Distribution

Amazon Smile

In Kind Donations:

- Mary Butkowski
- Rosemary Jonas
- Ramona Fedor
- Jackie Bieniek and Family
- Gary Vogt
- Bernadette Larkey
- Sue Marstein
- Betty Warga
- Julie Lahr
- Bernice Eiden
- Annette Stich
- Susan Opatz
- Brenda Fischer
- Rosemary Phillips
- Gerald & Anne Ramler
- Laverne Justin
- Jennifer Majeski
- Diane Kleve
- Jan Chapman
- Mike Ruprecht
- Cathy Lyon
- Margaret Zimmerman
- Kandi Hernandaz
- Mary Brenny
- MaryAnn Heitzman
- Annette Grebinoski
- Albert Rodenwald
- Ann Cremers
- Alice Skwira
- Ron & Mary Ritter
- Kathy Kostreba
- Rosie Zimmerman
- Kaye Heins

Monthly Supporters:

- Joe & Sue Katzner
- Larry Omann
- Lloyd & Dorine Rausch
- Ron & Irene Schmidt
- John & Lisa Schmidt
- Kathy Schueler
- Ben & Holly Torrens
- Don Stock
- Joanne Christensen
- Vance Koller
- Daniel Hovanas
- Patrick Schlangen



**Our Apologies if we fail to print your name in our Donor lists.
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

Non-Profit Org.
U.S. Postage
Paid
Permit No. 884
Waite Park, MN

Helping Hands Outreach
Our Vision-To create a community of support where older adults and their family caregivers feel valued and cared for while knowing the joy of aging in place, in a community where their needs are addressed, hopes encouraged, contributions recognized and lives celebrated.

ELECTRONIC SERVICE REQUESTED



PROFESSIONAL MOVERS
FOR YOUR
HOME OR BUSINESS

- Product delivery, discard and debris removal
- We strive to exceed your expectations

D.O.T. 1144430
doug@wehaulforyou.com

BBB MEMBER

wehaulforyou.com
DOUG LEGATT 320-250-2855

Eligible for Medicare?


As a licensed agent. I can help you learn about

Medicare plans including: Medicare Part D

Medigap/Medicare supplement plans

Medicare Cost plans, Medicare Advantage plans

Call me today!



Ronald Scegura
Scegura Insurance Agency
39002 County Road 9
Avon, MN 56310
Tel. 320-746-2582

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

