



Vol. 24 No. 2

March-April 2024

Annual Appeal Donors

The Grammie Jean Foundation	Elizabeth Pogatshnik	Jacob & Carla Fowler	Steve & Robin Maciej
Larry Klimmek	LeRoy & Kathy Beuning	Robert & Joyce Sieben	Ken & Lucille Nathe
Holdingsford Lions Club	Ray & Carol Wilczek	Laurence Huls	Bowlus American Legion
Marla Lahr	Robert & June Heurung	St. Anthony Christian Mothers	Sandy Mohs
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St Stephen Storage Stephen Vouk	Bernie & Dana Omann	Butch & Carol Voss	Tom Locnikar
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Roseanne Feia & Evelyn Martini	Clarence & Darlene Legatt	Dana & Jennifer Gerads	Ralph & Mary Stich
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Roberta Anderson	Rock & Roberta Achaman	Charlie & Patricia Thell	Jason & Patricia Kubat
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Mathew & Karen Legatt	St. Rosa Lumber	Josh & Susan Wentland	Bernard & Marge Wunderlich
Dave Peternell	Dennis & Cynthia Meyer	Gary & Bobbi Larson	Peter & Barb Omann
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David & Sharlene Walberg	Donald & Patty Kotzer	Albany American Legion	Eric & Susan Tix
Elaine Stern	Brian & Monica Maine	Infinity Homes	Robert Pilarski
Randy & Pat Roehl	Holdingsford Gas & Grocery	We Haul For You	Kathleen Pantzke
Kaye Heins	Gregory & Cindi Konsor	Brenny Transportation	Graham United Methodist Women
Jeff & Mary Akervik	Allan & Donna Warzecha's daughters	Marvin & Betty Caspers	Theresa Lalim
William Mock	Karen Larsen	Don & Mary Wentland	Lori Kepper
Diane Rodenwald	Robert & Rita Jarnot	Jordie's Trail Side Café	Lisa Schmidt
Wally Waletzko	Michael Platz	Idella Schneider	Chris & Julie Warren
Rose Hols	Mark Stai	Rod & Liz Haberman	Robert & Kerri Winter
Leroy Pollock	SFM Mutual Insurance Company	Gerald & Anne Ramler	Roger Justin
Kevin & Pam Johannes	Ambrose & Kathleen Gertken	Ralph & Darlene Omann	Bernadette Sweziak
Michael Legatt	Tom & Nettie Trobec	Mel & Elaine Majerus	St. Cloud Financial Credit Union
Bob & Nancy Kleve	Michael Shea	Lake County Veterinary Service	Randa Demarais
Laurie Czech	Duane & Sandy Ehresmann	Doug & Glenda Schindler	Bernie & Helen Frie
Duane & Laurie Struzyk	Darrell Haupt	Kevin Behrend	Jeanette Posch
Roger & Janet Gerads	Joseph & Sue Katzner	Heart & Sol Wellness Center	Gerald and Mary Jane Boeckermann
Mike & Ruth Odden	Kathy Schueler	Louise Adolph	
Patty Becker	Robert Lane	Dan & Bev Warzecha	
Zachary & Katie Skwira	LaDonna Reisdorf	Kenneth & Lois Heathcote	
Duane & Lori Nilson Jarnot	Ken & Linda Wenning	Wilfred & Margaret Notsch	
Sharon Hylla	Violet Ritzer & Renee Ritzer	Knights of Columbus	
Andrew & Joann Heinen	Ken & Nancy Ramler	Warren & Bernice Eiden	
Allen & Donna Joannes		Ken & Linda Lahr	



Annual Appeal In Honor and In Memory of:

Bob & Nancy Plante for Delphine Dombovy
 Lois Angulski for Matt Michaletz
 Betty Hartung for Al Hartung
 Greg & Karen Knight for Allan & Donna Warzecha
 Sam & Amanda Welle for Amber Zapzalka
 Lois Solinger for Andy Solinger
 Dennis Legatt for Arnold Bechtold
 Donna Scholz for Arnold Scholz
 James & Mary Koczur for Arnold Scholz
 Joe & Celia Koczur, for Art & Theresia Harlander
 Art & Rene Harlander for Art & Theresia Harlander
 Al & Thersa Bieniek
 Bernard & Linda Legatt for B.J. Legatt
 Tom & Diane Jesh for Bernard & Dorothy Gerads
 Ervin Bueckers for Bertha Bueckers
 Joyce Homer for Betty & Frank Mensinger
 Lois & Dave Gaida for Betty Gaida
 Vera Forner & Family for Bill Forner
 Leone Fowler for Clarence & Caden Fowler
 Steve & Patty Voss for Clarence & RoseMary Jarnot-Florence Voss
 Jane & Duane Scepaniak for Clarence & Sophie Scepaniak
 RNG Trucking for Clem Jonas
 Phyllis Blommel for Dan Blommel
 Ron & Marlys Howard for Daniel Howard
 Donna Paggen for Dave Paggen
 Richard & Martha Dubbin for Dean Hoheisel
 Ramona Fedor for deceased Fedor & Lusthmers Families
 Sharon Yurczyk for Dennis Yurczyk
 Carol Tembreull for Don Tembreull
 Donna Vouk for Donald Vouk
 Betty Warga for Donald Warga
 Shawn & Ann Riesner for Donald Wenderski
 Donald & Shirley Winkels for Donald
 Betty, Duane Herzog, David & Ellen Boecker for Donita Martin
 Arnold Stueve for Dorene Stueve
 Richard & Diane Koehn for Duke Koehn & Joshua Koehn
 Joyce Sowada for Edsel Sowada
 Joseph & Karen Krych for Edward & Mary Kroska-Edmand & Rita Krych
 Elaine Opatz for Edward Opatz
 Caroline Opatz for Edwin Opatz
 Carol Opatz for Ernie Opatz
 Frederick & Geraldine Biere for Ervin & Susan Vogel-Leo Veranica Viere
 Catherine Rehm for family & friends
 Brown Family for Fred & Grace Brown
 Darrell & Jane Heitzman for Fred & Marie Heitzman, Ray & Lucisla Borash
 Bonnie Konsor for Gary Konsor & Dan Blommel
 Adella Opatz for George Opatz
 Robert Opatz, Daniel Opatz
 Marlene Kroska for Gertrude Philipsek
 Roger & Mary Weyer for Harvey Weyer
 Darlene Kostreba for Henry & Thomas Kostreba
 Rosemary Krebs for Howard Krebs
 Mark & Theresa Beutz for Janice Young-Pauly
 Rosalie Schindler for Jerome Schindler
 Donald & Karen Supan for Jerome Supan
 Lynne & Alan Pueringer for Jerome-Rita Vos & Frank-Marie Pueringer
 Ray & Kathy Kostreba for Jerry Biniek
 Elmer & Genevieve Maciejewski for Jerry Biniek
 Michael & Kirsten Posch for JoAnn Lundgren Guck
 Mark Viehauser for John Henry Schneider

George & Doreen Platz for Joseph & Mary Platz
 Joel & Shari Selensky for Joseph Selensky
 Philomene Stegura for Joseph Stegura & Kathy Ruprecht
 Ramona Hanauer for Joyce Deitschmann, Debbie Hanauer, Dewey Hanauer
 Ken Lemke for Kathy Lemke
 Helen Heisick for Ken & Steve Heisick
 Gerald & Jodi Knutson for Kevin & Curly Stanoch
 Bill & Joann Hedeem for Larry Hedeem
 Delores Bialka for LeRoy & David Bialka
 JoAnn Philippi for Loren Philippi
 Leon Schmitz for Marie & Gelbert Schmitz
 Janet Klug for Mary Ann & Judith Kerestes
 Kevin Huls & Cheryl Bovy for Matt & Dolores Huls
 Rich & Teresa Pilarski for members of Smoley & Pilarski families
 Pat & Ann Maciej for Mike & Cecelia Fussy, Donald Maciej
 Tom & Jeanette Stodolka for Nick Stodolka
 Virginia Fiedler for Norb Fiedler
 Joyce Hasch for Norbert & Jeanette Sobania
 Dale & Melanie Sobania for Norbert & Jeanette Sobania
 Richard & Barb Calgaro for Otto, Anges, & Otto Jr. Jendro
 St. Stephen Lions for Rick Knettel Family & St. Stephen Lions Club
 Mary Westbrook for Clyde Westbrook
 Everett & Sandy Olson for their parents
 Jim & Joan Cremers for their parents
 George & Donna Kierzek for their parents
 Bob & Johnita Dombrovski for Paul & Delores Kuklok
 Ripplinger Plumbing for Paul Ripplinger Sr.
 Lucile Ripplinger for Paul Ripplinger
 Michael May for Jeanette May
 Corriene Blenker for Ralph Blenker
 Bruce & Cheryl Warga for Ray & Dolores Warga
 Tim & Lisa Peterson & Elizabeth Peterson for Richard & Betty Fleck
 Anonymous donor for Richard Majeski
 Alice Maine for Robert Maine
 Mary Stangler for Robert Stangler
 Kathy Wohletz for Roger Wohletz
 Laverne Justin for Ron Justin
 Carol Lange for Rosemary Jarnot
 Ernie & Lois Schmit for Schmit & Bienick families
 Lucy Bernick for Sean Bernick
 Ed Westrom for Sharon Westrom
 Rodney & Rose Deter for Shirley Deters
 Elaine Omann for Sylvester Majeski-Diane Omann
 Jerome & Kathleen Ebnet for Johannes & Ebnet family members
 Ken & Donna Knapp for Tillman & Jenny Knapp-LeRoy & Eileen Young
 Linda Midas for Tom Knettel
 Delores Voss for Vernon, Kevin, Ruby Voss
 Gary & Jean Kierzek for Wilfred & Barbara Schwindel-Rose Mergen
 Jean Peleske for Craig & William Peleske
 Donna Knettel for Donald Knettel
 Joe & Jane Traut for Edgar & Kathleen Traut
 Karen Schiller for Michael Schiller
 Gregory & Kathleen Waletzko for Jeanette Waletzko
 Jacqueline Vos for Ralph & Agnes Vos
 Herman & Bernice Ebnet for Bernard & Rose Stoermann, Roy Stoermann
 & Joan Dobmeier
 Jeff Fromm for John Binsfeld
 Ray & Cindy Pilarski for Clarence, Stella & Tony Pilarski



Upcoming Events

Monthly Lunch & Learns

Social Starts 11:30

Meal 12:00

Speaker 12:30

Entertainment to follow

St. Stephen

Mar. 21st & Apr. 18th

St. Stephen Church Hall

Holdingsford

Mar. 28th & Apr. 25th

Holdingsford American Legion

Suggested Donation \$5

Upcoming Speakers

March- Holdingsford Lions

St. Stephen Lions

April- Volunteer Appreciation Celebration
At Holdingsford

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

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

Puzzles & Books

We have a growing Library.

Stop in - check it out.



Weekly Meals Served at Noon

Holdingsford- Tuesdays at City Hall
followed by social hour

March 5th, August 13, November 5th meal
will be at the Legion because of Elections.

St. Stephen- Wednesdays followed by 500

January-March at Trobec's

April-June at The Rusty Nail

Weekly Meals suggested donation \$6

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

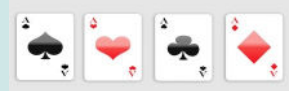


500

Wednesdays 12:30- 3:30

St. Stephen Trobec's

April -The Rusty Nail



We have an assortment of incontinent briefs and pads - many sizes.

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



Refresher & Initial Class

Rice: Monday March 18th, 1:00-5:00pm
at the Rice Lions Building

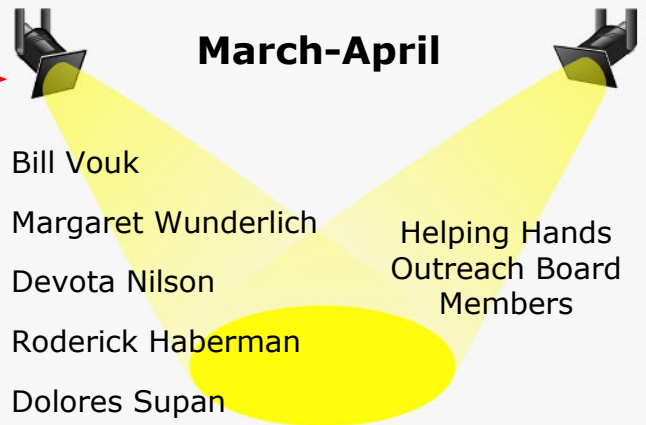
St. Stephen: Thursday March 21st, 5:30-9:30pm
at the Church Hall

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

Our equipment program is booming!! With that being said, we are putting a temporary hold on accepting equipment, **EXECPT wheelchairs**, in order to organize and sort the equipment that we currently have. We appreciate all of our equipment donations!

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! Spotlited members will be given a fun questionnaire to fill out. We are excited to highlight all our wonderful people.

Volunteer Opportunities

- Volunteers to deliver 4-7 meals in and around Holdingford on Tuesdays.
- Back-up volunteer to deliver Wednesday Meals in St Stephen.
- 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 accepting volunteer drivers in Holdingford and St. Stephen.
- Co-lead Cribbage in Rice. Starting in February.

Call us at 746-9960 for more information!

Falls in older adults are the leading cause of injury hospitalizations and fatalities in the United States; primary risk factors are muscle weakness, impaired mobility, and balance deficits.

Public health guidelines include physical activity as a key component for healthy aging ([Office of Disease Prevention and Health Promotion, 2016](#); [U.S. Department of Health and Human Services, 2008](#)). The CDC Healthy Aging Research Network recommends that physical activity interventions increase health-related fitness, self-efficacy, and sustainability through the use of community resources ([Prohaska et al., 2006](#)). Community settings that encourage physical activity and provide access to safe activity experiences will enhance the likelihood of increased activity among older adults ([Watson et al., 2016](#)).

Stay Active and Independent for Life (SAIL) is an evidence-based fall prevention program centered around a strength, balance and fitness program for adults 65 and older that we offer. **The classes are offered at the Holdingford City Center on Tuesdays and Thursdays from 9:30 to 10:30.** We also offer a general **exercise class at the Rice Lion's Building on Tuesdays from 12:30 to 1:30.**

In a research study by the CDC and the Washington State Department of Health of 331 participants, test results showed significant improvements in strength, balance, and mobility in those who attended classes twice a week or more for more than 2 months. Survey results found that 93% of respondents reported improved performance of daily activities; and 92% reported improved strength, balance, fitness, or flexibility.

If you would like to participate in the classes, please call the office to sign up!

For more information on health and wellness, call the office and ask for Sara.

CAREGIVING

.....is not an easy job and often we find ourselves unprepared for the task at hand. *Helping Hands Outreach* wants to help. One of the ways we can help is with educational materials to assure you that you are not alone and that others, who have gone ahead, have written materials for you to read as you navigate these new waters.

Helping Hands Outreach has a **library** with various books for caregivers on what to expect and how to manage some of the challenges. We also offer books for the little ones in your life on helping them in storybook form to understand better what is happening with Grandpa or Grandma.

Some of the titles we have include: [The Caregiver Notebook](#), [The Caregiver Help Book](#), [The 36-Hour Day](#), [Daily Comforts of Caregiving](#), [Mom, Dad...Can We Talk?](#), [Caring For Your Parents](#), [Life With Pop](#), [A Survival Guide for Family Caregivers](#), [Chicken Soup for the Caregiver's Soul](#), [When Caring Takes Courage](#), [The Unexpected Caregiver](#), [Love, Honor & Value](#), + many more.

We have DVD's: *The Educated Caregiver* vol.1 *Coping Skills*, vol.2 *Hands-On*, and vol. 3 *Essential*.

We also have several books for young ones that need help understanding what they are seeing in their loved ones. They include: [Why Did Grandma Put Her Underwear In The Refrigerator?](#), [forget me not](#), [Making and Keeping Memories](#), and [The Sunshine on My Face](#).

All these books are free to be borrowed, read at your leisure and returned in the future at whatever time feels right. If you would like a book and we do not have it in our library, please ask the staff as it may be one that we can get.

We also can help you acquire resources from The Great River Regional Library.

We can help you order the books, pick them up and deliver them to your home.

All part of the service we provide to help support you and your family as you travel the caregiving journey together.



For more information on caregiving, call the office and ask for Rhonda.



Wish list:

Bingo Prizes

- Large Print Word Find & Sudoku Books
- Cleaning Products
- Paper Products
- Shampoo & Conditioner
- Dollar Tree Items
- Cans of Soup

For the Office

- 300 & 500 Piece Puzzles
- Printing Paper
- Coffee- Regular & Decaf.
- Lemonade Mix



Drop off your Teals

We continue to accept and benefit from your Teals Market receipts. In 2024, we have received **\$251.10**

In total we have received \$6,867.75.

We are excited for 2024!

Thank you to Teals Market for your donation and to Linda Harren for coordinating this program.

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

Helping Hands Outreach Board Members:

- Peter Omann—Chair
- Joe Christensen—Vice Chair
- Lenore Dawson—Secretary
- Judy Boulton—Treasurer
- Mark Dorn
- Joan Frie
- Rod Harren
- Carlena Johnson
- Roger Justin
- Sue Marstein
- Deb Meier
- Dorine Rausch
- Violet Ritzer

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

Staff:

- Denise Leahy
Executive Director
- Rhonda Zimmerman
Client Support/Caregiver Coordinator
- Sara Brenhaug
Health & Wellness Coordinator
- Abby Tensen
Program & Service Coordinator

Office Hours

Monday - Thursday 8am-4pm
Friday 8am - 2pm

Office Closed Friday March 29th



Donations in Memory

Glen & Karen Solarz in memory of Teddy & Rita Solarz
Idella Schneider in memory of LaDonna Reisdorf

Donations

Karen Schuneman
Marcia Opatz
Margaret Zimmerman
Ron & Irene Schmidt
Charlie & Kathleen Vos
Gary Vogt
Rosemary Anderson
Jim Volkers
Dale Hinnekamp
Clifford Harker
Fred & Joyce Segler
Margaret Larson
Nancy Beutz
Donna Scholz
Jason Maidl
Ron Folkerts
Eugene & Phylis Breth
Mary Ann Belgarde

Monthly Supporters:

Joe & Sue Katzner
Lloyd & Dorine Rausch
Ron & Irene Schmidt
John & Lisa Schmidt
Kathy Schueler
Ben & Holly Torrens
Joanne Christensen
Daniel Hovanas

In Kind Donations

Bernice Eiden
Debbie Berscheid
Barb Omann
Mike Trettel
Mike Lahr
Joyce Ebnet
Mike Ruprecht
Mike Trettel
Gina Marushin
Amanda Welle, Gracelyn & Beth Gerads
Michael Hennen
Family of Andrew Rolfes
Ron Waldorf
James Goerger
Sandy Olson
Peg Mosbo
Kathy Warzecha
Emily Rudnicki
Jodi Kunstleben
Dave & Lois Gaida
Linda Maciej
Marcie Lawrenz
Susan Opatz
Allan & Susan Beyer
Laura Beuning
Ruth Supan
Perian Stavrun
Yvonne Panek
Kaye Heins



Special Thank You to the St. Stephen Church and the St. Joseph Women of Today for helping us collect Christmas Cheer donations!



Annual Fireman's Breakfast

March 10th 8AM-12PM At the Holdingford City Center

Serving: Sausage, Eggs, Ham, Hashbrowns, Fruit, and Cinnamon Rolls

Free will Donation!

Come hungry and bring a neighbor to support the Holdingford Fire Department!



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



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

Sing for World Hunger Relief
Sunday, March 10, 2024
3pm @ First United Methodist Church
Bring a nonperishable food donation!
Tickets and details at
www.minnesotacenterchorale.org
 **MINNESOTA CENTER CHORALE**

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Brenny driver Bill & family

WE HAUL FOR YOU

PROFESSIONAL MOVERS FOR YOUR HOME OR BUSINESS
• Product delivery, discard and debris removal
• We strive to exceed your expectations 
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wehaulforu.com doug@wehaulforu.com
DOUG LEGATT 320-250-2855