



Vol. 24 No. 3

May-June 2024

Social Isolation & Loneliness

In the United States more than 1 in 3 adults aged 45 and older feel lonely.¹ Nearly 1 in 4 adults aged 65 and older are socially isolated.¹ And over 28% of older adults live alone.

Social isolation and loneliness have become a significant health risk. This poses a serious threat to both our mental and physical health. Older adults especially, are at risk for high blood pressure, heart disease, obesity, weakened immune system, anxiety, depression, and cognitive decline. Studies have shown the health effects of loneliness are equivalent to smoking 15 cigarettes each day.

The CDC defines social isolation as the lack of relationships with others and little to no social support or contact. It is associated with risk, even if people don't feel lonely.

They define loneliness as feeling alone, disconnected from others, or lacking a sense of belonging. It reflects the difference between a person's actual and desired level of connection. This means that even a person with a lot of friends can feel lonely.

So, you might be isolated but not lonely. And you might be lonely even with friends and family around. The risk to your health is still there.

Fortunately, there are ways to counteract the negative effects. People who engage in meaningful, productive activities with others tend to live longer, boost their mood, and have a sense of purpose.

At Helping Hands Outreach we take great care and effort in providing opportunities for the community to come together. Our activities include weekly meals and cards, monthly Lunch and Learns, Game Day every week here at the office. We exercise twice weekly in Holdingford and once a week in Rice.

We recently started a Friendly Visits program. This program connects volunteers with older adults who enjoy company and conversation or a game a cards.

Helping Hands Outreach is always looking for new things to do together. Things like a coffee & conversation group or a knitting group, or a book club.

Let us know what you think.

1. National Academies of Sciences, Engineering, and Medicine. *Social Isolation and Loneliness in Older Adults: Opportunities for the Health Care System*. The National Academies Press; 2020.

Donation Needed by Friday May 31st
for our Coffee Cake baking.

- ◆ Sugar
- ◆ Flour
- ◆ Butter
- ◆ Cream Cheese 8 oz pkgs or 48 oz bricks



Mark your calendars!

Helping Hands Outreach Bake Sale
Holdingford Daze July 12th & 13th.

We will be accepting baked good donations
July 10th through 2:00 pm on the 12th.

Health and Wellness

Want some help with getting more active now that Spring is here? The Arthritis Foundation Walk with Ease program is a recreational and educational program that was developed for people who have arthritis. We will be holding the class this Spring for **anyone** who wants to walk, not just those with arthritis. The class will be held on Mondays and Wednesdays from 9-10a.m. from May 13th through June 24th with no class on Memorial Day. We will meet at the Helping Hands Outreach office for the education piece and simple warm up exercises, then we will proceed to walk on the trail outside. The class is for anyone age 60 and over and you can walk a little or a lot depending on how you feel. If you can be on your feet for 10 minutes without increased pain, then you will be able to participate successfully. Please call the office to sign up if you want to attend. Call Sara at the office if you have any questions. Happy Spring!!!

Please call the office to sign-up.

For more information call the office and ask for Sara.



	<p>Upcoming Class: <u>Holdingsford:</u> Tuesday May 7th 5:30pm-9:30pm, At the Holdingsford American Legion</p>
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Refresher & Initial Class

Senior Traffic Safety Education

STSE is an accident prevention course approved by the Department of Public Safety for people 55 years old or older.

By completing this class the participants will normally receive a 10% discount on their automobile insurance. Some companies give a greater discount.

The accident prevention course requires **eight hours for first time participants**. After three or more years a **four hour refresher class** is needed to renew the discount.

STSE provides the 8 hour initial class and the four hour refresher class in a unique way. The first 4 hour class is attended by the participants who have NEVER taken an accident prevention course. During the second four hour class the participants will be joined by those people who just need the refresher. In this way it is possible to operate a class in communities where other organizations would require more students than there are available.

For more information go to STSE.biz or contact STSE159@gmail.com.

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

Upcoming Events

Monthly Lunch & Learns

Social Starts 11:30

Meal 12:00

Speaker 12:30

Entertainment to follow

Holdingsford

May 23rd & June 27th
Holdingsford American Legion

Suggested Donation \$5

Upcoming Speakers

May-
June-

St. Stephen Monthly Lunch & Learn postponed until October.

Exercise Classes

Holdingsford City Hall

Tuesday & Thursday 9:30-10:30 am

Rice Lion's Building

Tuesdays 12:30-1:30 pm



New Exercise Class starting in May

Walk with Ease

See page 2 for details

Feet First Clinic

Holdingsford City Hall

1st Tuesday of the month

9:00 am—Noon

Call Helping Hands for an Appointment 320-746-9960

May-June

Spotlights of the Month



Lois Solinger

Sonia Browen

Ramona Fedor

Anne Ramler

Rosie Krebs

Betty Lou Warga

Darlene Kostreba

Bernie Larkey

Darlene Salitros

Weekly Meals

Served at Noon

Holdingsford- Tuesdays at City Hall followed by social hour

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

Weekly Meals suggested donation \$6

Puzzles & Books

We have a growing Library.
Stop in - check it out.



Game Day

Wednesdays 9:30-11:00

Helping Hands Office

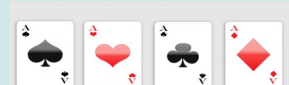
No experience required



500

Wednesdays 12:30- 3:30

St. Stephen



We want to give a huge Thank You to all of our volunteers!

The month of April was national volunteer month and we wanted to express our gratitude to all of our volunteers. Our volunteers are a large piece of helping us to provide services within our communities. They play a major role within our organization and we would not be able to do many of the things that we do without them.



In 2023, our volunteers provided 1,359.75 hours of service. Our volunteer drivers drove 7,404 miles.

"Volunteers wear working boots, but leave a trail of angel footprints," -Terri Guillemets

Volunteer Opportunities

- Back-up volunteer to deliver 2-5 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 Holdingford. We buy the supplies.
- Always accepting volunteer drivers in Holdingford and St. Stephen.
- Volunteer to assist with Coffee & Conversation group.

Call us at 746-9960 for more information!

Incontinent briefs and pads.
We have an assortment.
If you or someone you know is in need of them, please stop in or give us a call.



Our equipment program is booming!! We appreciate all of our equipment donations! With that being said, we are putting a temporary hold on accepting equipment, **EXCEPT for wheelchairs**. Once we gain storage space back, we will resume taking in equipment donations.

Spring: a lovely reminder of how beautiful change can truly be.
Anonymous



Family Caregiver Support

Difficulties Ensued When Being a Caregiver

Caregiving can be rewarding and stressful all at the same time. In the United States, there are an estimated 53 million caregivers. The majority of caregivers provide care for someone 50 years of age or older while they themselves may also be over 50 and dealing with their own health challenges.

Being a great caregiver can often have dire consequences because caregivers are typically:

- v Unpaid
- v On call 24/7/365 for years at a time
- v Caring for someone that they may have relationship challenges with
- v Struggling with their own physical/ emotional/ mental health, financial, and/or family issues
- v Unskilled and unfamiliar with the tasks they are being asked to perform
- v Alone in their caregiving journey
- v Stressed
- v Scared
- v Unsupported by their loved one/s
- v Joyless and just plain tired!



What causes caregivers stress?

"Stress often accompanies being a caregiver as it can be all-encompassing, to the point that caregiving and the duties within almost become one's life and replace many of the caregiver's former interests and activities; things that make life fulfilling and enjoyable. Sometimes, being a great caregiver can literally kill a person; leaving the person who depends on them without a backup who knows the care receiver and how to best care for him or her. Therefore, it is truly imperative for a caregiver to ensure his or her own needs are being met; not doing so can have very negative, unintended consequences for those who love and depend on them, and that circle often goes well beyond the person they are providing direct care to," (Dana Cyra, Includa, Stevens Point, WS).

We will continue examining the caregiving role, and its rewards and stresses in the next edition...but until then, please call (320-746-9960) or stop by to speak directly to

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

Office Hours
 Monday - Thursday 8am-4pm
 Friday 8am - 2pm
 Office Closed Monday May 27th

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.

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

Linda Schlicting & Susan Otremba
 House Cleaners

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



Donations in Memory

Warzecha Children in memory of Allan & Donna Warzecha
 Greg & Karen Knight in memory of Allan & Donna Warzecha
 Idella Schneider in memory of John Murphy
 Darlene Huls in memory of David Huls
 Anna Mae Trobec in memory of Roger Trobec
 Darlene Salitros in memory of Herbert Salitros



Donations

Fred & Joyce Segler
 Rosemary Anderson
 Margaret Larson
 Laura Beuning
 Geraldine Fenlason
 Dianne Meyer
 Doug Legatt
 Janet Klug
 Robert & Bonnie Arnzen
 David & Angela Peternell
 Kathy Arntson
 Charlie & Kathleen Vos
 Clifford Harker
 Gary Vogt
 Mark Viehauser
 Gerald & Anne Ramler
 Lois Angulski
 Louise Adolph
 Nancy Linz
 Norine & Laura Blenkush

Monthly Supporters:

Joe & Sue Katzner
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 John & Lisa Schmidt
 Kathy Schueler
 Ben & Holly Torrens
 Joanne Christensen
 Daniel Hovanas
 Joie Svendsen

In Kind Donations

Diane Rodenwald
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 Michael Ruprecht
 Michael Trettel
 Sam & Amanda Welle
 Sheila Kloepfner
 Jackie Biniek, Lisa Hoppe, Gail
 & Jason Kunstleben
 Karen Skaj
 Michael & Delores Scholz
 Ruby Eiden
 Jeff Czech
 Jeffrey Solderholm
 Joan Rademacher
 Amy Notsch
 Donna Pueringer
 Margaret Zimmerman
 Richard & Martha Dubbin



Thank You



Big Thank You to Gerard Wentland for his service in keeping Helping Hands Outreach plowed out through out the years.

We appreciate the financial 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

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 **MEMBER**

wehaulforyou.com doug@wehaulforyou.com

DOUG LEGATT 320-250-2855