



Vol. 24 No. 5

September-October 2024

Thank You! We would like to thank everyone who donated to our Summer Appeal this year. The total of donations that we received this year was \$11,007.28! We are grateful and blessed to be able to continue our mission with the support of our communities.

Kevin & Pam Johannes

Claude & Susan Opatz

James & Margaret O'hotto

Jo Anne Christensen

Kathy Schueler

Elizabeth Pogatshnik

Arnold Stueve

Imelda Sand

Karen Larsen

Robert & Anne Cremers

Ripplinger Plumbing

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Matthew & Karen Legatt

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Lorene Koopmeiners

Michael Trettel

Richard & Margaret Stang

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Dan & Judith Palmersheim

Laurence Huls

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Diane Warzecha

Myles & Lenore Dawson

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Frank & Doreen Gerads

Arlyn & Marcy Lawrenz

Steve & Robin Maciej

Linus & Marilyn Yurczyk

Herman & Bernice Ebnet

William Nathe

Robert Lane

Joseph & Karen Krych

Gerald & Mary Jane Boeckermann for our parents - Bernadette Larkey for Lee Larkey - Dolores Supan for Jerome Supan - Darlene Skroch for Claude Skroch - Shawn Riesner for Donald Wenderski - Lois Angulski for Matt - Idella Schneider for Lorraine Rieland - Kathleen Gertken for Ambrose Gertken - Cathy & Ray Kostreba for Cushing & Kostreba Family - Catherine Rehm for Family & Friends - Carol Opatz for Ernie Opatz - Ann & Patrick Kuklok for Alex & Cele Kuklok - Florentine Scepaniak for Jeanette Scepaniak - Eugene & Phylis Breth for Sally Kuklok & Dennis Yurczyk - Lois Solinger for Andy Solinger & Gary Lange - Jeanette Woidyla for Alphonse Woidyla - Ramona Fedor for Fedor - Luethmers, Vos, Stegura - Ronald & Mary Ritter for Jean Peleske - Robert & Johnita Dombrovski for Michael Kuklok - Donna Knettel for Alan & Donald Knettel - Robert Pilarski for Clarence, Stella & Tony Pilarski - Jane & Duane Scepaniak for Clarence & Sophie Scepaniak - Alfred & Angelo Trettel for Alphonse Trettel Family & Relatives - John & Nancy Beutz for Mom & Dad Beutz - Gregory & Karen Knight for Allan & Donna Warzecha - Virginia Fiedler for Norbert Fiedler - Rosemary Phillips for Grandparents Tom & Rose Vos & Parents John & Dolores Burger - Willard & Joann Hedeem for Larry, Gordon, Richard, Cliff Hedeem - Flossie Heim for Clarence Heim & David Heim - Sandra & Everett Olson for Orvin Olson & Earl Volk - **Continued on page 7**



Join us for our Health Fair!

We will be hosting our Annual Health Fair on Thursday October 17th. We will have an array of vendors presenting beneficial information on a wide range of health and wellness related topics. There will be door prizes and the first 75 people through the door will receive a Goodie Bag. Following the Health Fair, we will be resuming the St. Stephen Monthly Meal downstairs with both food and music.

Helping Hands Outreach Annual Health Fair

Thursday October 17th, 2024

St. Stephen Church Parish Hall

Health Fair 10-12 with meal to follow



Garage Sale!

Helping Hands Outreach will be having a garage sale as a part of the St. Stephen City Wide Garage Sales!

September 18th-21st

The sale will have a large assortment of brand-new Christmas decoration/decor items donated by Holdingford Hardware.



We will be in the St. Stephen church lot and all of the proceeds will be going straight back to Helping Hands Outreach!

Helping Hands Outreach will have a booth at the St. Stephen Church Festival on Labor Day September 2nd.

Please stop by.



Thank you for another successful Holdingford Daze Craft and Bake Sale! Again this year, we sold all of our coffee cakes! This also means that we received the \$1,000 matching grant from KSKJ! For those who have asked, KSKJ, or Kranjsko slovenska katoliška jednota ("Carniolan Slovene Catholic Union"), is a Slovene fraternal organization in the United States, founded in 1894. It is headquartered in Joliet, Illinois. The English name of the society is the American Slovenian Catholic Union.

THANK YOU!!!



Upcoming Events

Weekly Meals

Served at Noon

Holdingsford- Tuesdays at City Hall followed by social hour

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

Holdingsford

September 26th

October 24th

Holdingsford American Legion

St. Stephen

October 17th

St. Stephen Parish Hall

Suggested Donation \$5

Upcoming Speakers

September- Sherri Herman

October-Diane Meyer

Game Day

Wednesdays 9:30-11:00

Helping Hands Office

No experience required

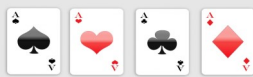


500

Wednesdays

12:30- 3:30

St. Stephen



Feet First Clinic

Holdingsford City Hall

1st Tuesday of the month

9:00 am—Noon

Call Helping Hands for an Appointment 320-746-9960

Exercise Classes

Holdingsford City Hall

Tuesday & Thursday 9:30-10:30 am



Rice Lion's Building

Tuesdays 12:30-1:30 pm

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

Senior Traffic Safety Ed

Upcoming Class:

Tuesday September 10th 5:30-9:30

At the Holdingsford American Legion



Our office will be closed:

September 2nd

September 19th

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**
- **Napkins**



Make Time to Socialize

Imagine a prescription that reads: "Call a friend today." If you have an active social life, you are bound to live a longer, healthier and happier life.

Research reveals that the most contented people have strong social ties, and many studies suggest that the wider our social network, the less likely we are to suffer colds, heart attacks, stroke, depression and premature death of all sorts. Connecting with people at religious services, community functions, clubs and socials will boost health as much as quitting smoking or getting more exercise.

Enjoy yourself, have some fun, you deserve it. Join us at our weekly meals, monthly meals, exercise classes, game day, or just stop in the office for a visit.

**Sept-October
Spotlights of the Month**

- | | |
|-------------------|-----------------|
| Patrick Smoley | David Johnson |
| Vern Goebel | Jeanette Seaton |
| Jeanette Woidyla | Sandy Olson |
| Rosemary Pundsack | Herman Ebnet |
| Leota Johnson | Louie Walz |

Puzzles & Books

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



Volunteer Opportunities

- 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 and ask for Abby at 320-746-9960 for more information!

Difficulties Ensued When Being a Caregiver Continues.....



Caring for someone with a mental, physical, or emotional disability can be a lifelong process, or it can be something that you have taken over after a current caregiver is no longer able to cope.

Disabled Sibling Caregiving

This often means an adult sibling/s of a family with a child that has a disability are asked to care for this child when the parent, spouse or children of this care receiver are no longer able

to do so. The care and service needs can change as the caregiver parent and care receiver child age.

Death, their own disability, age, or financial/ physical/ emotional complications may mean that the sibling/s must step in and help.



These challenges are compounded with the new caregiver attempting to tend to their own family. This often involves moving the sibling who requires care into their home and their wallet. The home may not be large enough, handicapped accessible, or the caregiver's extended family, spouse and children, may not agree with taking on this added responsibility.

(Find information by calling the Disability Hub Minnesota at (866) 333-2466 or online at MinnesotaHelp.info.)

Spousal Caregiving After a Divorce

Another caregiving challenge is seen when one spouse attempts to take care of another spouse following their divorce or separation from the person requiring care.

In the recent past, many older Americans have divorced and have not remarried. This statistic has risen by 60% in the last 10 years according to the U.S. Census Bureau.

Due to this change in the status of the family, many divorced couples are finding that their care is being given by "their ex". Caring for a divorced/separated spouse is frequently very complicated due to their history of common shared experiences, their children, new "partners", and may include a history of spousal abuse or chemical addictions.

The caregiver may feel obligated, coerced, or guilty and help out of a problematic emotional state. These caregivers may experience feelings of guilt as they now have "the upper hand" in this relationship and find thoughts of retaliation are plaguing them. These caregivers are also challenged as they are dealing with the trials of their own aging process. Reunions in the late stages of life can lead to difficult emotions, however some separated spouses are using this time to heal old wounds.

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 (Helping Hands Outreach, 531 Main Street, Holdingford) to speak directly to a caregiver consultant (Rhonda) and see how we can help reduce your stress levels.



Please.
forgive me!



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

Helping Hands Outreach Board Members

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

Board Meetings 7:00 pm last Wednesday of the month

No Board Meeting July & December

Annual Meeting
September 25, 2024 6:00 pm.
At the Helping Hands Office

Helping Hands Outreach Staff

- Denise Leahy
Executive Director
- Rhonda Zimmerman
Client Support/Caregiver Coordinator
- Abby Tensen
Program & Service Coordinator
- Cadence Hartung
Office Assistant
- Linda Schlicting & Susan Otremba
House Cleaners

Office Hours

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

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.



Helping Hands OUTREACH

is a nonprofit offering services and resources that help older adults remain safely in their homes. We also provide fun social events to learn, exercise, and connect with other community members.

Staff and volunteers provide:

- Assisted Transportation
- Homemaking (light housework)
- Chore Services
- Evidenced Based Exercise Classes
- Caregiver Consulting & Respite
- Friendly Visits
- Weekly Lunch & Cards
- A Monthly Lunch and Learn
- Exercise Classes
- Annual Health Fair

If you are an older adult in need of a ride to a medical appointment, shopping, errands, hair appointment, church, or someplace else—Please give us a call!

320-746-9960

Our equipment program is still booming! Now that we have organized all our equipment in our basement we are happy to accept donations of medical equipment again! **Wheelchairs** are still in great need!

Thank you for your patience!



In Kind Donations

Annette Stich
 Arnie & Deb Berscheid
 Barb Kuklok
 Bonnie Konsor
 Doreen Czech
 Jackie Biniek
 Jerome & Kathleen Ebnet
 John & Nancy Beutz
 Kathy Warzecha
 Larry Smoley
 Nicky Lahr
 Randy & Lesa Freeman
 Rita Auer
 Robert & Nancy Kleve
 Rose Mary Jonas
 Ruth Supan



Donations in Memory

Warzecha Children in memory of Allan & Donna Warzecha
 Greg & Karen Knight in memory of Allan & Donna Warzecha
 Bob & Nancy Kleve in memory of Jody Lynn Kleve
 Mike & Lori Kuklok in memory of Sharon Prokott
 Arlene Sauer in memory of Philip Sauer



Monthly Supporters:

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

Donations

Charlie & Kathleen Vos
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 Neil Neeb
 Rose Mary Anderson
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 David & Angela Peternell
 George & Donna Kierzek
 Jeanette Woidyla
 Kathy Wohletz
 Margaret Zimmerman
 Mary Stalberger
 Sonia Browen
 Warren & Bernice Eiden
 Ron & Irene Schmidt
 John & Lisa Schmidt

Thank you to the Shepherd of the Pines Church in Rice for the donation from their monthly Noisy Offering.



Philomene Stegura for Joseph Stegura, Kathryn Ruprech, & Nicole Neumiller - Adella Opatz for George, Robert, & Daniel Opatz - Rosmary Krebs for Howard Krebs - Leone Fowler for Jean Peleske - Leon Schmitz for Jo Ann Stegura - Jerome & Kathleen Ebnet for Johannes & Ebnet Families - Delores Voss for Vernon, Kevin, Ruby, & Ryan Voss - Darlene Kostreba for Henry & Thomas Kostreba - Laurdine Beuning for Walter Beuning - Jim & Mary Koczur for Arnold & Donna Scholz & Joe & Celia Koczur - Joann Philippi for Loren Philippi - Gerald & Joan Pilarski for Clarence, Stella & Tony Pilarski - Leroy & Joan Dobis for Deceased Family Members - Caroline Sadlowsky for Elianor Kasper - Stephen & Donna Woidylla for Edward & LaVerne Woidylla - Larry Klimmek for Reuben & Clara Klimmek - Delores & Thomas Bialka for LeRoy & David Bialka - Patrick & Iris Smoley for our son Dennis Smoley - Ed Westrom for Sharon Westrom - George & Donna Kierzek for Josephine & Herbert Hill - Lorrayne Traut for Vic Traut - Donna Vouk for Donald Vouk - Gary & Jean Kierzek for Tony Kierzek - Ramona Hanauer for Dewey Hanauer, Debbie Hanauer, & Joyce Deitschmann - Roger & Mary Weyer for Wilfred & Verda Traut - Juanita Roerick for Gilbert Roerick - Ernie & Lois Schmit for Schmit & Bieniek families - Madonna Nentl for Melvin Nentl - Diane Warzecha for of Allan & Donna Warzecha.

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

Teals MARKET 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.

Thank you to Teals Market

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