



Vol. 21 No. 6

November– December 2022

Helping Hands Outreach IMPACT

July 1, 2021 – June 30, 2022



442 Clients Served
84 New Clients
8,629 Total Service hours
111 Volunteers
19 New Volunteers
1,815 Volunteer Service Hours
597 one way rides
2,861 Meals Served
Serving Holdingford-St Stephen-Rice



Denise Leahy
Executive Director

A lot has happen at Helping Hands Outreach in the last year. Through staff turnover and transition, coming out of COVID shut downs, and waves of COVID infection, getting back to doing what we do has taken time.

Thanks to all of you, clients, volunteers, donors, and program supporters we have preserved through and enjoyed a successful year.

With a heart full of grateful, I am looking forward to all we can accomplish in 2023.

Call the office to pre-order your coffee cakes!

We will be baking Poppy Seed, Raspberry/Cream Cheese, and Apple. Keeping the price at \$15. Coffee cakes will be ready for pickup Monday December 19th, just in time for Christmas. 320-746-9960



Office will be closed November 24th & 25th, December 26th, January 2nd

GIFTS OF CHEER

Once again, we will be collecting items for our Senior care packages. These packages will be distributed in December to seniors in our area that could use some Christmas cheer. Please feel free to drop items off at Helping Hands Outreach office during business hours, and we will distribute them. If you know of someone who could use a little extra cheer during this holiday season please call our office. Please drop items off by Friday December 9th.

Below is a list of some ideas for items, we welcome other items also.

- * Puzzles (300 & 500 pieces)
- * Postage Stamps
- * 4 pack of toilet paper
- * 13 gallon garbage bags
- * Kleenex
- * Trail mix
- * Pump hand soaps
- * LED flashlights
- * Chapstick
- * Hand lotion
- * Individual servings of pudding/fruit cups
- * Meal certificates to Helping Hands
- * Laundry detergent pods/ softener sheets
- * Local gift cards (gas/ shopping/ services/ restaurants)
- * Large print books/ word find/ sudoku/ adult coloring books/ pencils/ gel pens
- * Individual packets of peanuts/ nuts
- * Individual wrapped candies
- * Socks
- * Mittens/ gloves/ hats



Upcoming Events

Weekly Meals

Meals Served at Noon

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

Needed- someone to be the lead person for 500.

St Stephen- Wednesdays followed by 500.
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

November 17th & December 15th

Holdingford - 4th Thursday

Holdingford American Legion

No meal in November- Thanksgiving
December 22nd

December Speaker: Chaplain Gregg
Valentine

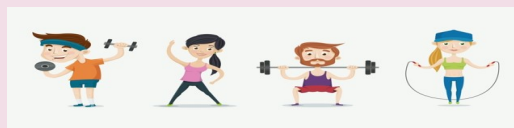
Exercise Classes

Holdingford City Hall

Monday & Thursday 9:30-10:30 am

Rice Lions Building

Wednesdays 9:00 am



Feet First Clinic

Holdingford 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

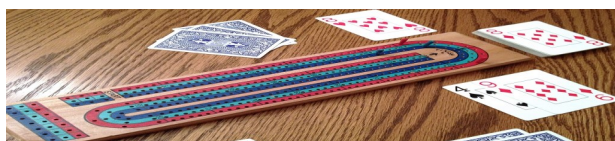


Love to Play Games?

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

Cribbage League

Tuesdays 1:00– 3:30 Rice Lions Building



Like to Cuddle Up with a Good Book?

Starting November 3rd
come discover and discuss
new worlds at Helping
Hands Outreach with book
club!



Annual Appeal

Again this year, you can have your donation doubled by giving it on Tuesday, November 29th through the website www.Give65.org. Donations of any amount (up to the first \$50,000) will be doubled (so get up early). Go to www.give65.org, click on the Donate Tab, type in Helping Hands Outreach and click to our donation site.

If you are uncomfortable with donating online, you can send or drop off a check to the office and we will apply it for you. Please put Give 65 on the check memo.

Support Helping Hands Outreach with



AmazonSmile is a simple way for you to support Helping Hands Outreach every time you shop, at no cost to you.

When you shop at smile.amazon.com, Amazon will donate a portion of the purchase price to Helping Hands Outreach

However you choose to support Helping Hands, know that your support is important and appreciated.

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
- Lead person for Tuesday 500 in Holdingford

Employment Opportunities

- 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 our last newsletter we talked about losing appetite and how to make your meals more enjoyable. As mentioned in the last news letter there are several factors that could contribute to the loss of appetite. Some of these factors as mentioned in our previous issue include: dental and sinus issues, side effects from medications, being a smoker, loneliness, loss of taste or smell, or effects of COVID-19. Eating less than what your body needs can become concerning because you may become malnourished and vitamin-deficient. You could also lose strength, weight, and the ability to stay independent. Between 15%-30% of older adults experience a decrease in appetite. Always talk to your healthcare provider if you have concerns about your appetite or if you are experiencing new or different symptoms. There are a few tips to help make a meal more enjoyable including: planning out your meals, adding flavor to your meals, making sure to eat nutrient rich meals; not necessarily larger portions, trying to eat five or six smaller meals throughout the day, and making your meals an occasion. Another tip that we had mentioned in our last newsletter was to aim to eat a meal with someone once per week.



Take Charge Tip

Aim to eat foods high in vitamin C.

Vitamin C is a nutrient your body needs to build blood vessels, cartilage, muscle, and collagen. It also helps your body's healing process and help the body absorb and store iron. There are many benefits that come from vitamin C. Evidence shows that taking vitamin C supplements regularly with other vitamins and minerals may prevent age-related macular degeneration from worsening. Some studies also have shown that people with higher levels of vitamin C in their diets have a lower risk of developing cataracts.

Foods that are high in Vitamin C:

- Citrus fruits
- Berries
- Potatoes
- Tomatoes
- Peppers
- Cabbage
- Brussel sprouts
- Broccoli
- Spinach



Did you know?

Almost half of Americans aren't getting enough vitamin C.

Source: NIH

**Wish list- Bingo Prizes for:
Holdingford & St. Stephen:**

- * Smaller sized large print
Word Find & Sudoku
books
- * Cleaning Products
- * Paper Products
- * Shampoo & Conditioner
- * Dollar Tree Items



MBAH Kennel License: MN180200



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 availa-

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
Lenore Dawson—Secretary
Mary Stalberger—Treasurer
Rod Harren
Roger Justin
Carlena Johnson
Sue Marstein
Jerry Mehr
Maurice Meyer
Judy Boulton
Dorine Rausch

Welcome new board member Doreen Rausch. Thank you for your service returning members.

Staff:

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

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

Patrick & Iris Smoley in memory of Dennis Smoley & Skwira & Smoley Families
 Allan Warzecha Family in memory of Donna Warzecha
 Laverne Justin in memory of Ron Justin

Donations

Janet Klug
 Ruth & Bill Vouk
 Allen & Diane Herzog
 Holdingford Firemens Relief
 Association
 Ken & Lucy Nathe
 Raymond Vouk
 Christine Maleska
 Ambrose and Kathleen Gertken
 Steve & Lola Blattner

Monthly Supporters:

Joe & Sue Katzner
 Larry Omann
 Lloyd & Dorine Rausch
 Ron & Irene Schmidt
 John & Lisa Schmidt
 Kathy Schueler
 Ben & Holly Torrens
 Leo & Sherri Eicher
 Don Stock
 Joanne Christensen
 Vance Koller

In Kind Donations:

Ren Schuneman
 Lori Hellmann
 Ron & Mary Ritter
 Jackie Bieniek
 St. Columbkille Christian
 Women, St. Wendel
 Bernie, Roger, & Clay Frie

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*
- *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
Holdingford, MN 56340-0293

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

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."



**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

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
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Avon, MN 56310
Tel. 320-746-2582

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

