



Vol. 23 No. 1

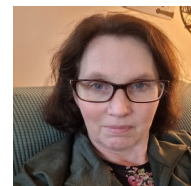
January– February 2023



2023

For many years now, around the beginning of the New Year, I have prayed and listened to God for a word or phrase to be my focus for the year. I believe this year I am getting a repeat of “Be Blessed”; to live and work with gratitude, appreciation, and blessing, even if things don’t go as planned.

I am humbled and simply amazed with **EVERY** annual appeal letter I open. What a way to start the New Year! It is only with **YOUR** support, we are able to serve our communities’ older adults.



Denise Leahy
Executive Director

The Annual Appeal donations are still coming in, so we will be publishing Donors and In Honor Of’s in the March-April Newsletter.

Our donation’s total has surpassed donation totals from previous years. Yay! We met the \$5000 and the extra \$500 dollar match from Home Instead. **Thank you! Thank you!**

I am looking forward to 2023 and all that it brings. As always, you are welcome to stop in and visit us. Be Blessed!

Just a few Reminders:

If schools are closed, closing early, or starting late, the events at Helping Hands Outreach will be canceled. Your safety is important to us.

Also, if you are a volunteer driver and uncomfortable with road conditions at anytime, please call us to cancel the ride.



If you are not feeling well please stay home. I know it is hard even when you just have a little head cold. We live in different times now and we need to care for one another.

Starting January 1st Holdingford’s Tuesday meal price will increase.
In-house \$6.00 Take-out \$7.00



Office will be closed Monday, January 2nd in celebration of New Year’s.

GIFTS OF CHEER

THANK YOU!

We would like to thank everyone who donated to help fill our Christmas Cheer bags. Because of you we were able to deliver 150 bags of Cheer.

Special thanks to the Holdingford 7th graders who helped pack the bags and our volunteers who delivered the bags. We love seeing our community come together bringing Christmas Joy to so many.



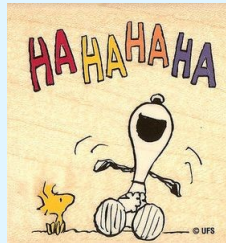
Why was the little snowman sad? Cause he had a meltdown!

Which is faster, hot or cold? Hot– you can catch a cold pretty easily!

Why did dad stop using his loyalty card to scrape off his windshield? He only got 10% off!

What do you call an old snowman? Water!

HA HA HA



Volunteer Opportunities

- Meal Delivery Drivers:

Deliver 4-7 meals for Holdingford's Tuesday lunch. Pickup time 11:45.

Deliver 4 meals for St. Stephen's 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 with an emphasis on evidenced-based exercise classes. We offer a part-time flexible schedule and training.

Call us at 746-9960 for more information!

Upcoming Events

Weekly Meals

Meals Served at Noon

Holdingford- Tuesday's at City Hall followed by social hour and/or 500.

Needed- someone to be the lead person for 500.

St Stephen- Wednesday's followed by 500.

January- March at Trobec's

Monthly Lunch & Learns

**Start 11:30 with social time,
Meal 12:00 meal, Speaker 12:30,
entertainment to follow.**

St. Stephen - 3rd Thursday

St. Stephen Church Hall

No Meal in January

Next meal February 16th

Holdingford - 4th Thursday

Holdingford American Legion

January 26th & February 23rd

Upcoming Speakers

January- Children's Program

February-ConnectAbility



Exercise Classes

Holdingford City Hall

Tuesday & Thursday 9:30-10:30 am

**NOTICE: New Day for
Holdingford Exercise Class**

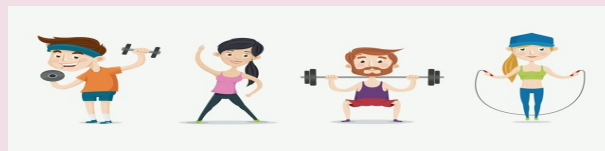
Starting January 3rd

TUESDAYS & THURSDAYS

9:30-10:30 at City Hall

Rice Lion's 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**



Cabin fever setting in?
Love to Play Games?

Come Join us

Wednesday 9:30-11:00

Game Day at the Helping Hand's Office

Coffee pot is on.

No experience required. Training provided!



Cribbage

Tuesdays 1:00- 3:30 Rice Lion's Building



988 in Minnesota

In July 2022, the United States transitioned to using the **988** dialing code as a universal suicide prevention phone/text number so that no matter where you live, you can reach a trained crisis counselor who can help. You can call for **ANYONE**, yourself, or another. Let's be there for each other.

Be Prepared - Make a Disaster Kit

Winter storms can be fierce enough to knock down power lines and confine seniors to their homes for extended periods. It is essential to make sure you are equipped with a disaster kit to help get through these times. Each kit should include enough nonperishable food and water for several days (at least 3 gallons of water per person per day), a can opener, a few days' worth of any necessary medications, a flashlight, a battery-powered radio, extra batteries, and first-aid essentials. To find more information on staying safe before, during and after winter storms, visit [Ready.gov](https://www.ready.gov).

Tri-CAP's DRIVE program provides low-cost vehicles to households in need in our community. Tri-CAP accepts donated vehicles, works with local repair shops to make them safe, and then we sell the vehicles for about a quarter of the fair market value. The proceeds from the sales go towards fixing future vehicle donations and sustaining the program. Without vehicle donations we are not able to help those who need this vital program. We have a story of a client we assisted in getting a vehicle. She is a homeless mother of two staying in a local shelter. She was evicted from her apartment after she lost her job, due to no longer having her own vehicle. Now that she has a vehicle, she can start looking for work, get her two young children to doctor's appointments, and get to the grocery store. To learn more about donating a vehicle, and the benefits of donating, please visit our website at tricap.org or give us a call at 320-251-1612.



Support Helping Hands Outreach with

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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



HEALTH AND WELLNESS TIPS

As we start this new year with our first newsletter of 2023, let's talk about vitamin C. In our last newsletter we talked about the importance of getting the right amount of vitamin C and how it affects the body. As said in the last newsletter, vitamin C is a nutrient that the body needs in order to build blood vessels, cartilage, muscle, and collagen. It also has been shown that taking vitamin C supplements regularly with other vitamins and minerals may prevent age-related macular degeneration from worsening. There has also been some evidence that shows that people with higher levels of vitamin C in their diet have a lower risk of developing cataracts. There are many benefits to vitamin C and there are also plenty of food items that are high in vitamin C. Citrus fruits, berries, potatoes, tomatoes, peppers, cabbage, brussels sprouts, broccoli, and spinach all have high amounts of vitamin C in them. As we start the new year of 2023 and you are writing your New Year's Resolutions down, make one of those resolutions eating more vitamin C. We hope that you had a Happy New Year!



Take Charge Tip

Do you have a restless mind? Try writing down your thoughts on paper so they're not swimming around in your head.

We all love that feeling at the end of a long day to slip underneath the covers in our nice, warm, cozy bed and drift off to sleep. With winter here, many of us feel more tired now than any other time of year. The cold and snow just makes everyone want to stay in bed all day where it is warm and cuddly. Falling asleep right away at night is something that everyone hopes and wants to do. Some have trouble falling asleep right away but getting a sound sleep at night is just as important. We all want to wake up in the morning and feel fully refreshed. Older adults need 7-9 hours of sleep each night which is the same as other adults. Without enough sleep at night you might begin to feel irritable, forgetful, or even depressed. Feeling ill or being in pain can make it difficult to sleep. Some medications may even keep you awake. Here are 4 tips to help you sleep better at night:

- 1. Follow a regular sleep schedule.** Going to sleep and getting up around the same time each day, even on weekends can help you get a more restful sleep
- 2. Don't watch TV or use your computer, cell phone, or tablet right before bed.** The light that comes from these devices tricks your brain into staying awake. Unsettling movies or TV shows may also make it hard to fall asleep.
- 3. Avoid caffeine late in the day.** Caffeine can be found in coffee, tea, pop, and chocolate and can keep you awake.
- 4. Don't worry about sleeping.** Worrying about being able to fall asleep can make it harder to do so. Try meditating to keep your mind clear as you fall asleep.

You can also check with your doctor to see if you have sleep apnea or a movement disorder that is making it hard for you to sleep.

Source: National Institute on Aging

Did you know?

We spend about 1/3 of our life sleeping... or attempting to do so.

Source: National Library of Medicine

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



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

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

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 **\$900.60.**

In total we have received \$5,513.14.

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 Honor of

Mary Stitch in honor of Bob & Ann Cremers'
50th Wedding Anniversary

LaDonna Butenhoff in memory of Edwin Butenhoff



Donations

Janet Klug
Robert & Sandra Mohs
Bowlus American Legion
Jana Carlson
Nancy Carlson



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

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Bob Lane
Andy Rolfes
Dan Hess
Kathy Traut
Ann Cremers
Violet Ritzer
Evelyn Martini
Roseann Feia
Karen Larsen
Kathy Wohletz
Mike Treddle
Yvone Panek
Lenny Heitzman
Nancy Headley
Carol Tembreull
Ellen VanOverbeke
Joe & Joanne Christensen
Women of Today St. Joe



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 531 Main St. PO BOX 293 Holdingford MN 56340

Helping Hands Outreach
PO Box 293
Holdingford, MN 56340-0293

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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."



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