



Vol. 23 No. 4

July-August 2023



## Holdingford Daze July 7th & 8th!! Helping Hands Outreach Bake Sale Fundraiser



Helping Hands Office

Friday July 7th 4:00-7:00 pm

Saturday July 8th 11:30-3:00

Coffee Cakes and other baked goods will be available to purchase.

We will **kindly accept** any baked goods you would like to donate for our bake sale.

We are also in need of volunteers to help out with the bake sale, and Bingo.

We appreciate any help you can give in making our fundraiser a success!

Please call our office to sign up.

***Seniors we have a cool place for you to come in and get a refreshment if you want to take a break from the heat.***

**BINGO AT THE LEGION SATURDAY 1:00-3:00**

(Holdingford Daze line up on page 2)



Senior Driver Class- This is the class for people 55+ who need to start or continue a 10% auto insurance reduction.

Instructor: Joe Christensen

### Refresher Class

**Holdingford** July 11th 5:30-9:30

At the Holdingford Legion

**St Stephen** August 8th 5:30-9:30

At the St Stephen Church Hall



### Initial Class

**Discounted \$5 for those signing up for the Initial Class by July 1st at STSE.biz**

Our Office will be Closed:

**July 3rd & 4th**  
Independence Day

**September 4th**  
Labor Day

Have a safe and fun Holiday!





**July 11-14**

**Helping Hands Outreach** is again participating in the GIVE65 Event to help older adults in Holdingford, St Stephen, and Rice.

Visit Give65 and enter **Helping Hands Outreach** in the search bar to find us.

Our Goal is to raise \$20,000 plus the \$5,000 match from Home Instead Give65.

Online donating starts at 8:00am on July 11th goes through 1:00am July 14th.

Starting now we are accepting checks mailed to or dropped off at the office with Give65 in the memo line. We will apply these donations to the match.

Every dollar is greatly appreciated!  
It is only with your support that we can do what we do!

## Holdingford Daze Proud to be an American



### Friday July 7th

- 4pm Helping Hands Craft & Bake Sale
- 4pm-8pm Historical Society Museum Open
- 5pm-8pm Car Show - Main Street
- 7:30pm Mens Slowpitch Softball Tournament
- 8:30-11:30 Live Music/DJ at Softball Park

### Saturday July 8th

- 8am-12pm North Star Flyers Remote Control Airplane Club
- 8am 5K Walk/Run & Kids Fun Run.
- 9am Co-Ed Volleyball Tournament
- 9am Mens Slowpitch Softball Tournament,
- 10am Tractor Blessing & Fun Run
- 12pm-6:30pm Inflatables & Kids Games
- 11:30am-3pm Helping Hands Craft & Bake Sale
- 12pm-3pm ATV/Lawnmower Tractor Pull
- 12pm-3pm Petting Zoo
- 12pm-4pm Historical Society Museum Open
- 1pm Bean Bag Toss Tournament
- 1pm-3pm Bingo at the Legion (Helping Hands)
- 2:30pm Kids Pedal Tractor Pull (Main Street)
- 4pm Outdoor Mass @ All Saints - St. Hedwigs
- 7pm Grande Parade
- 9-12:30 Street Dance "Hat Trick"
- Dusk Fireworks

## 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. A couple answers will be posted in the window along with your picture. The questionnaires will be kept in a scrapbook at office. We are excited to highlight all the wonderful people involved with Helping Hands Outreach!



## Upcoming Events

### Weekly Meals Served at Noon

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

**St Stephen-** Wednesdays followed by 500.  
July-September at Trobec's  
October-December at The Rusty Nail

**Weekly Meals suggested donation \$6**

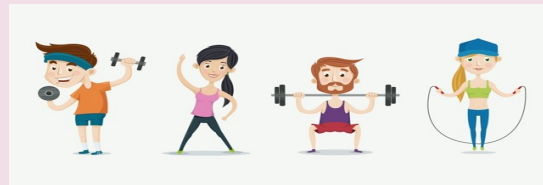
### Exercise Classes

#### Holdingford City Hall

Tuesday & Thursday 9:30-10:30 am

#### Rice Lion's Building

Tuesdays 12:30-1:30 pm



### Monthly Lunch & Learns

**Social Starts 11:30**

**Meal 12:00**

**Speaker 12:30**

**Entertainment to follow**

**St. Stephen - 3rd Thursday**  
St Stephen Church Hall

**Holdingford - 4th Thursday**  
Holdingford American Legion

**Monthly Lunch & Learns**  
**Suggested Donation \$5**

**NO MEALS IN JULY**

Upcoming Speakers

August – Nick Johnston from NAMI

### 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  
11:00 am—Noon

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

#### Upsala Community Center

2nd Monday of odd months  
9:00 am—Noon

**Call Al at 320-573-4435 for  
appointment in Upsala**



### Love to Play Games? Come Join us

Game Day at the Helping Hand's Office Wednesday  
9:30-11:00

Coffee pot is on.

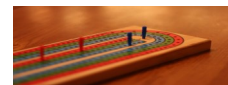
No experience required. Training provided!



### Cribbage

Wednesdays 1:00– 3:00

Rice Lion's Building



If you or anyone you know is parting with medical equipment, let them know that Helping Hands Outreach will take it off their hands! We are currently looking for these items.



- In & Out Bath Benches
- Knee Scooters
- Grabbers
- Beside Commode



Assorted Equipment Helping Hands has to loan out.

Walkers  
Transfer belts  
Crutches  
Canes  
Boot/ankle/wrist supports  
Wheelchairs  
Bath bench  
Knee scooter  
Dressing aides  
Raised toilet seats



We have an assortment of incontinent briefs and pads in a variety of sizes.

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



## Volunteer Opportunities

- **We are looking for volunteers to deliver Tuesday Meals. If you are interested in delivering 4-7 meals on Tuesdays in and around Holdingford.**
- 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 looking for volunteer drivers in Holdingford and St. Stephen.
- We are looking for a volunteer to pick up our newsletter from Sauk Centre every other month, usually the last Monday by noon.

Call us at 746-9960 for more information!



## HEALTH AND WELLNESS TIPS

In our last newsletter we talked about blood pressure and how high blood pressure is common among older adults. Keeping your blood pressure at normal levels is important for numerous reasons. There were some factors listed in the last article that are known to affect blood pressure. These included age, gender, genetics, and race. In our last edition, there were also tips to mind your blood pressure which included maintaining a healthy weight, consuming less salt, managing stress, and exercising. High blood pressure can be a silent problem and it can have numerous effects on a person. If you are concerned about your blood pressure, consult your primary physician.



### Take Charge Tip

**Stick to the “cardinal rule”! It says adults should drink 6-8 glasses of water per day!**

With the warmer months in full effect here in Minnesota, are you staying hydrated? In the warmer weather, your body needs more fluids in order to stay hydrated. There are numerous benefits to drinking water. One of these benefits is that water prevents dehydration. Dehydration can cause you to think unclearly, your body to overheat, and it can lead to kidney stones. Another benefit of drinking water is that it helps in managing your body weight. Sugary drinks such as pop or sweet tea can be substituted with water which in turn helps manage weight. Drinking water also helps in keeping joints flexible. Water helps to create a thin layer of fluid that cushions and delivers nutrients to the joints. Water also helps to prevent infections. Staying hydrated helps the body fight infections by getting rid of toxins and other bacteria that may cause illness. There are so many benefits to drinking water. With Minnesota getting into their warmest months of the year, let's all stay hydrated! Below are 6 tips to drinking more water!

#### 6 Tips to Drink More Water:

1. Set a daily goal and set reminders
2. Carry a water bottle with you and refill it throughout the day
3. Drink water instead of sugary drinks such as pop or tea
4. When eating out, choose to drink water. This saves you money and it reduces calories
5. Eat more foods high in water such as watermelon, lettuce, cantaloupe, and zucchini
6. Every time you see a water fountain, take a drink

#### Did you know?

Drinking water helps regulate body temperature, keeps joints lubricated, prevents infections, and keeps organs functioning properly.

*Source: Harvard School of Public Health*



**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

Helping Hands Outreach is looking to contract with a Handyman on an on call basis. Our office has a general maintenance needs.



Please give us a call for more information.



**Drop off your Teals Market receipts!**

We continue to accept and benefit from your Teals Market receipts. In 2023 we have received  
**\$789.61**

**In total we have received \$6,191.39.**

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.

**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  
Mark Doran  
Rod Harren  
Roger Justin  
Carlena Johnson  
Sue Marstein  
Maurice Meyer  
Judy Boulton  
Dorine Rausch

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

**Staff:**

Denise Leahy  
Executive Director-Rice Coordinator  
Rhonda Zimmerman  
Client Support/Caregiver Coordinator  
Janet Schneider  
Client Support/Health & Wellness  
Coordinator  
Abby Tensen  
Program & Service Coordinator  
Iris Smoley Housekeeping

### Donations in Honor of:



Pat & Iris Smoley in memory of Dennis D. Smoley  
 Bob & Nancy Kleve in memory of Jody Kleve  
 Greg & Karen Knight in memory of Donna Warzecha  
 Dianne Blonigen in memory of Jerome Supan



Joe & JoAnne Christensen in memory of Rita Solarz  
 Schillview Holsteins-Karen & Charles Schiller in memory of Michael Schiller  
 Larry Klimmek in memory of Reuben & Clara Klimmek  
 Allan Warzecha and family in memory of Lorraine Symalla



### Donations:

Rosie Zimmerman  
 Bowlus American Legion  
 Alice Skwira  
 Lois Angulski  
 Lorraine Traut  
 Hasso Briese AM Legion  
 Liz & Rod Haberman  
 Jean Knese  
 Linus & Marilyn Yurczyk  
 St. Joseph Women of Today  
 David & Laurie Walker  
 Cherie Ablan  
 Jan Klug  
 Helen Heisick  
 Laurie Walker



### Monthly Supporters:

Joe & Sue Katzner  
 Larry Omann  
 Lloyd & Dorine Rausch  
 Ron & Irene Schmidt  
 John & Lisa Schmidt  
 Kathy Schueler  
 Ben & Holly Torrens  
 Don Stock  
 Joanne Christensen  
 Vance Koller  
 Daniel Hovanas  
 Patrick Schlangen



### In Kind Donations:

Lloyd & Dorine Rausch  
 Sue Ressemann  
 Emily Rudnicki  
 Doreen Czech  
 Michael Trettel  
 Jan Klug  
 Nancy Kantor  
 Rosemary Anderson  
 Warren & Bernice Eiden



*Special Thank You to the Elmdale Creamery for their donation of butter for our coffee cakes.*

### **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](http://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\*

**Our Apologies if we fail to print your name in our Donor lists.  
 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 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, contribution recognized and lives celebrated.*



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**GRINNELL**  
MUTUAL.

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

**m MINNESOTA**  
LIVE WELL AT HOME<sup>SM</sup>

  
**Central MN Council on Aging**  
cmcoa  
Supporting our aging community

  
**Benton**  
Telecommunications Foundation

  
**GREATER WASHINGTON COMMUNITY FOUNDATION**