



**Vol. 24 No. 2**

**March-April 2024**

## **Annual Appeal Donors**

The Grammie Jean Foundation	Elizabeth Pogatshnik	Jacob & Carla Fowler	Steve & Robin Maciej
Larry Klimmek	LeRoy & Kathy Beuning	Robert & Joyce Sieben	Ken & Lucille Nathe
Holdingford Lions Club	Ray & Carol Wilczek	Laurence Huls	Bowlus American Legion
Marla Lahr	Robert & June Heurung	St. Anthony Christian Mothers	Sandy Mohs
Marcy Schmidt	Dale & Kathy Bruns	Diane Blonigen	Mary Lee Vouk
St Stephen Storage Stephen Vouk	Bernie & Dana Omann	Butch & Carol Voss	Tom Locnikar
Chet & Rose Blaszczek	Mark Martini	Pelican Lake Ballroom	Kenneth & Helen Bechtold
Koopmeiners Family	Jerry & Joan Theisen	Robert & Alice Kobylinski	Dan & Judy Palmersheim
Maxine & Vernon Goebel	Larry & Aggie Gerads	Jerome Muyres	John & Delores Stang
Roseanne Feia & Evelyn Martini	Clarence & Darlene Legatt	Dana & Jennifer Gerads	Ralph & Mary Stich
Donald & Janice Warner	Gerard & Marge Wentland	Holdingford American Legion	Iris Smoley
Maurly & Linda Meyer	Steve & Lorrie Hellmann	Mike & Jolene Lobitz	Ervin Sauer
Thomas Vos	Shelly Rolfes	Sentry Bank	Jon & Laurie Perry
Roberta Anderson	Rock & Roberta Achaman	Charlie & Patricia Thell	Jason & Patricia Kubat
Jean Knese	Linus Goebel	Dwain & Barb Nelson	Jo Anne Vos
Jeanette Woidyla	Frank & Doreen Gerads	Teresa Weber	JoAnne Christensen
Mathew & Karen Legatt	St. Rosa Lumber	Josh & Susan Wentland	Bernard & Marge Wunderlich
Dave Peternell	Dennis & Cynthia Meyer	Gary & Bobbi Larson	Peter & Barb Omann
Donna Scepaniak	Chuck Swedziak	Ryan & Elizabeth Notsch	Deb & Mark Hall
David & Sharlene Walberg	Donald & Patty Kotzer	Albany American Legion	Eric & Susan Tix
Elaine Stern	Brian & Monica Maine	Infinity Homes	Robert Pilarski
Randy & Pat Roehl	Holdingford Gas & Grocery	We Haul For You	Kathleen Pantzke
Kaye Heins	Gregory & Cindi Konsor	Brenny Transportation	Graham United Methodist Women
Jeff & Mary Akervik	Allan & Donna Warzecha's daughters	Marvin & Betty Caspers	Theresa Lalim
William Mock	Karen Larsen	Don & Mary Wentland	Lori Kepper
Diane Rodenwald	Robert & Rita Jarnot	Jordie's Trail Side Café	Lisa Schmidt
Wally Waletzko	Michael Platz	Idella Schneider	Chris & Julie Warren
Rose Hols	Mark Stai	Rod & Liz Haberman	Robert & Kerri Winter
Leroy Pollock	SFM Mutual Insurance Company	Gerald & Anne Ramler	Roger Justin
Kevin & Pam Johannes	Ambrose & Kathleen Gertken	Ralph & Darlene Omann	Bernadette Sweziak
Michael Legatt	Tom & Nettie Trobec	Mel & Elaine Majerus	St. Cloud Financial Credit Union
Bob & Nancy Kleve	Michael Shea	Lake County Veterinary Service	Randa Demarais
Laurie Czech	Duane & Sandy Ehresmann	Doug & Glenda Schindler	Bernie & Helen Frie
Duane & Laurie Struzyk	Darrell Haupt	Kevin Behrend	Jeanette Posch
Roger & Janet Gerads	Joseph & Sue Katzner	Heart & Sol Wellness Center	Gerald and Mary Jane Boeckermann
Mike & Ruth Odden	Kathy Schueler	Louise Adolph	
Patty Becker	Robert Lane	Dan & Bev Warzecha	
Zachary & Katie Skwira	LaDonna Reisdorf	Kenneth & Lois Heathcote	
Duane & Lori Nilson Jarnot	Ken & Linda Wenning	Wilfred & Margaret Notsch	
Sharon Hylla	Violet Ritzer & Renee Ritzer	Knights of Columbus	
Andrew & Joann Heinen	Ken & Nancy Ramler	Warren & Bernice Eiden	
Allen & Donna Joannes		Ken & Linda Lahr	



## Annual Appeal In Honor and In Memory of:

Bob & Nancy Plante for Delphine Dombovy  
 Lois Angulski for Matt Michaletz  
 Betty Hartung for Al Hartung  
 Greg & Karen Knight for Allan & Donna Warzecha  
 Sam & Amanda Welle for Amber Zapzalka  
 Lois Solinger for Andy Solinger  
 Dennis Legatt for Arnold Bechtold  
 Donna Scholz for Arnold Scholz  
 James & Mary Koczur for Arnold Scholz  
 Joe & Celia Koczur, for Art & Theresia Harlander  
 Art & Rene Harlander for Art & Theresia Harlander  
 Al & Thersa Bieniek  
 Bernard & Linda Legatt for B.J. Legatt  
 Tom & Diane Jesh for Bernard & Dorothy Gerads  
 Ervin Bueckers for Bertha Bueckers  
 Joyce Homer for Betty & Frank Mensinger  
 Lois & Dave Gaida for Betty Gaida  
 Vera Forner & Family for Bill Forner  
 Leone Fowler for Clarence & Caden Fowler  
 Steve & Patty Voss for Clarence & RoseMary Jarnot-Florence Voss  
 Jane & Duane Scepaniak for Clarence & Sophie Scepaniak  
 RNG Trucking for Clem Jonas  
 Phyllis Blommel for Dan Blommel  
 Ron & Marlys Howard for Daniel Howard  
 Donna Paggen for Dave Paggen  
 Richard & Martha Dubbin for Dean Hoheisel  
 Ramona Fedor for deceased Fedor & Lusthmers Families  
 Sharon Yurczyk for Dennis Yurczyk  
 Carol Tembreull for Don Tembreull  
 Donna Vouk for Donald Vouk  
 Betty Warga for Donald Warga  
 Shawn & Ann Riesner for Donald Wenderski  
 Donald & Shirley Winkels for Donald  
 Betty, Duane Herzog, David & Ellen Boecker for Donita Martin  
 Arnold Stueve for Dorene Stueve  
 Richard & Diane Koehn for Duke Koehn & Joshua Koehn  
 Joyce Sowada for Edsel Sowada  
 Joseph & Karen Krych for Edward & Mary Kroska-Edmand & Rita Krych  
 Elaine Opatz for Edward Opatz  
 Caroline Opatz for Edwin Opatz  
 Carol Opatz for Ernie Opatz  
 Frederick & Geraldine Biere for Ervin & Susan Vogel-Leo Veranica Viere  
 Catherine Rehm for family & friends  
 Brown Family for Fred & Grace Brown  
 Darrell & Jane Heitzman for Fred & Marie Heitzman, Ray & Lucisla Borash  
 Bonnie Konsor for Gary Konsor & Dan Blommel  
 Adella Opatz for George Opatz  
 Robert Opatz, Daniel Opatz  
 Marlene Kroska for Gertrude Philipsek  
 Roger & Mary Weyer for Harvey Weyer  
 Darlene Kostreba for Henry & Thomas Kostreba  
 Rosemary Krebs for Howard Krebs  
 Mark & Theresa Beutz for Janice Young-Pauly  
 Rosalie Schindler for Jerome Schindler  
 Donald & Karen Supan for Jerome Supan  
 Lynne & Alan Pueringer for Jerome-Rita Vos & Frank-Marie Pueringer  
 Ray & Kathy Kostreba for Jerry Biniek  
 Elmer & Genevieve Maciejewski for Jerry Biniek  
 Michael & Kirsten Posch for JoAnn Lundgren Guck  
 Mark Viehauser for John Henry Schneider

George & Doreen Platz for Joseph & Mary Platz  
 Joel & Shari Selensky for Joseph Selensky  
 Philomene Stegura for Joseph Stegura & Kathy Ruprecht  
 Ramona Hanauer for Joyce Deitschmann, Debbie Hanauer, Dewey Hanauer  
 Ken Lemke for Kathy Lemke  
 Helen Heisick for Ken & Steve Heisick  
 Gerald & Jodi Knutson for Kevin & Curly Stanoch  
 Bill & Joann Hedeon for Larry Hedeon  
 Delores Bialka for LeRoy & David Bialka  
 JoAnn Philippi for Loren Philippi  
 Leon Schmitz for Marie & Gelbert Schmitz  
 Janet Klug for Mary Ann & Judith Kerestes  
 Kevin Huls & Cheryl Bovy for Matt & Dolores Huls  
 Rich & Teresa Pilarski for members of Smoley & Pilarski families  
 Pat & Ann Maciej for Mike & Cecelia Fussy, Donald Maciej  
 Tom & Jeanette Stodolka for Nick Stodolka  
 Virginia Fiedler for Norb Fiedler  
 Joyce Hasch for Norbert & Jeanette Sobania  
 Dale & Melanie Sobania for Norbert & Jeanette Sobania  
 Richard & Barb Calgaro for Otto, Anges, & Otto Jr. Jendro  
 St. Stephen Lions for Rick Knettel Family & St. Stephen Lions Club  
 Mary Westbrook for Clyde Westbrook  
 Everett & Sandy Olson for their parents  
 Jim & Joan Cremers for their parents  
 George & Donna Kierzek for their parents  
 Bob & Johnita Dombrowski for Paul & Delores Kuklok  
 Ripplinger Plumbing for Paul Ripplinger Sr.  
 Lucile Ripplinger for Paul Ripplinger  
 Michael May for Jeanette May  
 Corriene Blenker for Ralph Blenker  
 Bruce & Cheryl Warga for Ray & Dolores Warga  
 Tim & Lisa Peterson & Elizabeth Peterson for Richard & Betty Fleck  
 Anonymous donor for Richard Majeski  
 Alice Maine for Robert Maine  
 Mary Stangler for Robert Stangler  
 Kathy Wohletz for Roger Wohletz  
 Laverne Justin for Ron Justin  
 Carol Lange for Rosemary Jarnot  
 Ernie & Lois Schmit for Schmit & Bienick families  
 Lucy Bernick for Sean Bernick  
 Ed Westrom for Sharon Westrom  
 Rodney & Rose Deter for Shirley Deters  
 Elaine Omann for Sylvester Majeski-Diane Omann  
 Jerome & Kathleen Ebnet for Johannes & Ebnet family members  
 Ken & Donna Knapp for Tillman & Jenny Knapp-LeRoy & Eileen Young  
 Linda Midas for Tom Knettel  
 Delores Voss for Vernon, Kevin, Ruby Voss  
 Gary & Jean Kierzek for Wilfred & Barbara Schwindel-Rose Mergen  
 Jean Peleske for Craig & William Peleske  
 Donna Knettel for Donald Knettel  
 Joe & Jane Traut for Edgar & Kathleen Traut  
 Karen Schiller for Michael Schiller  
 Gregory & Kathleen Waletzko for Jeanette Waletzko  
 Jacqueline Vos for Ralph & Agnes Vos  
 Herman & Bernice Ebnet for Bernard & Rose Stoermann, Roy Stoermann  
 & Joan Dobmeier  
 Jeff Fromm for John Binsfeld  
 Ray & Cindy Pilarski for Clarence, Stella & Tony Pilarski



## Upcoming Events

### Monthly Lunch & Learns

**Social Starts 11:30**

**Meal 12:00**

**Speaker 12:30**

**Entertainment to follow**

**St. Stephen**

Mar. 21st & Apr. 18th

St. Stephen Church Hall

**Holdingford**

Mar. 28th & Apr. 25th

Holdingford American Legion

**Suggested Donation \$5**

Upcoming Speakers

March- Holdingford Lions

St. Stephen Lions

April- Volunteer Appreciation Celebration  
At Holdingford

### Exercise Classes

**Holdingford City Hall**

Tuesday & Thursday 9:30-10:30 am

**Rice Lion's Building**

Tuesdays 12:30-1:30 pm

### Feet First Clinic

**Holdingford City Hall**

1st Tuesday of the month

9:00 am—Noon

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

## Puzzles & Books

We have a growing Library.

Stop in - check it out.



## Weekly Meals Served at Noon

**Holdingford-** Tuesdays at City Hall  
followed by social hour

March 5th, August 13, November 5th meal  
will be at the Legion because of Elections.

**St. Stephen-** Wednesdays followed by 500

January-March at Trobec's

April-June at The Rusty Nail

Weekly Meals suggested donation \$6

**FunDay**

### **Game Day**

Wednesdays 9:30-11:00

Helping Hands Office

No experience required



### **Cribbage**

Wednesdays 1:00- 3:00

Rice Lion's Building

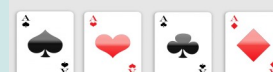


### **500**

Wednesdays 12:30- 3:30

St. Stephen Trobec's

April -The Rusty Nail



We have an assortment of incontinent briefs and pads - many sizes.

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



### Refresher & Initial Class

**Rice:** Monday March 18th, 1:00-5:00pm  
at the Rice Lions Building

**St. Stephen:** Thursday March 21st, 5:30-9:30pm  
at the Church Hall

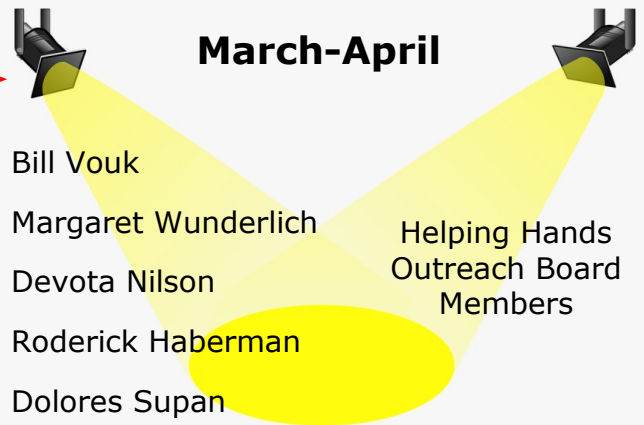
Register at [www.STSE.biz](http://www.STSE.biz)  
Or call the office 320-746-9960

Our equipment program is booming!! With that being said, we are putting a temporary hold on accepting equipment, **EXECPT wheelchairs**, in order to organize and sort the equipment that we currently have. We appreciate all of our equipment donations!

### 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. We are excited to highlight all our wonderful people.



### Volunteer Opportunities

- Volunteers to deliver 4-7 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 St Stephen and Holdingford. We buy the supplies.
- Always accepting volunteer drivers in Holdingford and St. Stephen.
- Co-lead Cribbage in Rice. Starting in February.

Call us at 746-9960 for more information!



Falls in older adults are the leading cause of injury hospitalizations and fatalities in the United States; primary risk factors are muscle weakness, impaired mobility, and balance deficits.

Public health guidelines include physical activity as a key component for healthy aging ([Office of Disease Prevention and Health Promotion, 2016](#); [U.S. Department of Health and Human Services, 2008](#)). The CDC Healthy Aging Research Network recommends that physical activity interventions increase health-related fitness, self-efficacy, and sustainability through the use of community resources ([Prohaska et al., 2006](#)). Community settings that encourage physical activity and provide access to safe activity experiences will enhance the likelihood of increased activity among older adults ([Watson et al., 2016](#)).

Stay Active and Independent for Life (SAIL) is an evidence-based fall prevention program centered around a strength, balance and fitness program for adults 65 and older that we offer. The **classes are offered at the Holdingford City Center on Tuesdays and Thursdays from 9:30 to 10:30**. We also offer a general **exercise class at the Rice Lion's Building on Tuesdays from 12:30 to 1:30**.

In a research study by the CDC and the Washington State Department of Health of 331 participants, test results showed significant improvements in strength, balance, and mobility in those who attended classes twice a week or more for more than 2 months. Survey results found that 93% of respondents reported improved performance of daily activities; and 92% reported improved strength, balance, fitness, or flexibility.

**If you would like to participate in the classes, please call the office to sign up!**

**For more information on health and wellness, call the office and ask for Sara.**

---

### **CAREGIVING**

.....is not an easy job and often we find ourselves unprepared for the task at hand.

*Helping Hands Outreach* wants to help. One of the ways we can help is with educational materials to assure you that you are not alone and that others, who have gone ahead, have written materials for you to read as you navigate these new waters.

*Helping Hands Outreach* has a **library** with various books for caregivers on what to expect and how to manage some of the challenges. We also offer books for the little ones in your life on helping them in storybook form to understand better what is happening with Grandpa or Grandma.

Some of the titles we have include: The Caregiver Notebook, The Caregiver Help Book, The 36-Hour Day, Daily Comforts of Caregiving, Mom, Dad...Can We Talk?, Caring For Your Parents, Life With Pop, A Survival Guide for Family Caregivers, Chicken Soup for the Caregiver's Soul, When Caring Takes Courage, The Unexpected Caregiver, Love, Honor & Value, + many more.

We have DVD's: *The Educated Caregiver* vol.1 *Coping Skills*, vol.2 *Hands-On*, and vol. 3 *Essential*.

We also have several books for young ones that need help understanding what they are seeing in their loved ones. They include: Why Did Grandma Put Her Underwear In The Refrigerator?, forget me not, Making and Keeping Memories, and The Sunshine on My Face.

All these books are free to be borrowed, read at your leisure and returned in the future at whatever time feels right. If you would like a book and we do not have it in our library, please ask the staff as it may be one that we can get.

We also can help you acquire resources from The Great River Regional Library.

We can help you order the books, pick them up and deliver them to your home.

All part of the service we provide to help support you and your family as you travel the caregiving journey together.



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

**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

**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

**Office Hours**

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

Office Closed Friday March 29th



## Donations in Memory

Glen & Karen Solarz in memory of Teddy & Rita Solarz  
Idella Schneider in memory of LaDonna Reisdorf

### Donations

Karen Schuneman  
Marcia Opatz  
Margaret Zimmerman  
Ron & Irene Schmidt  
Charlie & Kathleen Vos  
Gary Vogt  
Rosemary Anderson  
Jim Volkers  
Dale Hinnekamp  
Clifford Harker  
Fred & Joyce Segler  
Margaret Larson  
Nancy Beutz  
Donna Scholz  
Jason Maidl  
Ron Folkerts  
Eugene & Phylis Breth  
Mary Ann Belgarde

### Monthly Supporters:

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



Special Thank You to the St. Stephen Church and the St. Joseph Women of Today for helping us collect Christmas Cheer donations!



### Annual Fireman's Breakfast

March 10th 8AM-12PM At the Holdingford City Center

Serving: Sausage, Eggs, Ham, Hashbrowns, Fruit, and Cinnamon Rolls

**Free will Donation!**

Come hungry and bring a neighbor to support the Holdingford Fire Department!

## In Kind Donations

Bernice Eiden  
Debbie Berscheid  
Barb Omann  
Mike Trettel  
Mike Lahr  
Joyce Ebnet  
Mike Ruprecht  
Mike Trettel  
Gina Marushin  
Amanda Welle, Gracelyn & Beth Gerads  
Michael Hennen  
Family of Andrew Rolfes  
Ron Waldorf  
James Goerger  
Sandy Olson  
Peg Mosbo  
Kathy Warzecha  
Emily Rudnicki  
Jodi Kunstleben  
Dave & Lois Gaida  
Linda Maciej  
Marcie Lawrenz  
Susan Opatz  
Allan & Susan Beyer  
Laura Beuning  
Ruth Supan  
Perian Stavrun  
Yvonne Panek  
Kaye Heins



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



**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, contributions recognized and lives celebrated.*

*Sing for World Hunger Relief*  
**Sunday, March 10, 2024**  
**3pm @ First United Methodist Church**  
**Bring a nonperishable food donation!**  
Tickets and details at  
[www.minnesotacenterchorale.org](http://www.minnesotacenterchorale.org)  
 **MINNESOTA CENTER CHORALE**

***Scegura Insurance***

Farm • Crop • Auto • Cycle • RV • Home

Renters • Business • Disability • Life

Health • Medicare Supplements

 **GRINNELL**  
MUTUAL.

**When you ship with Brenny, you help us help our community!**  
8505 Ridgewood Rd.  
St. Joseph, MN 53674  
**320-363-6999**  
[brennytruck.com](http://brennytruck.com)  
  
**Brenny**  
Providing asset-based logistics solutions  
WORLDWIDE!  
  
Brenny driver Bill & family

**WE HAUL FOR YOU**  
  
[wehaulforu.com](http://wehaulforu.com)  
**PROFESSIONAL MOVERS**  
FOR YOUR HOME OR BUSINESS  
• Product delivery, discard and debris removal  
• We strive to exceed your expectations  
D.O.T. 1144430  
  
[doug@wehaulforu.com](mailto:doug@wehaulforu.com)  
**DOUG LEGATT 320-250-2855**