

*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.*



**Vol. 24 No. 6**  
**November-December 2024**

## COMMUNITY IMPACT Helping Hands Outreach

July 1, 2023 – June 30, 2024

Exercise Classes  
Book & Movie Lending  
Cards 500  
Christmas Cheer  
Friendly Visiting  
Chore Services  
Puzzle library  
Caregiver Support  
Coffee Cakes  
Rides

361 Clients Served  
72 New Clients  
10,000 Total Service hours  
111 Volunteers  
25 New Volunteers  
1,557 Volunteer Service Hours  
684 one way rides  
3,622 Meals Served  
Serving Holdingford-St Stephen-Rice

Game Day  
Nu-Step  
Senior Drivers ED  
Respite  
Dementia Library  
Foot Clinic  
Equipment Lending  
Holdingford Daze  
Bake Sale & Bingo  
Homemaking

It is that time of year again! We will be taking orders for **Coffee Cakes** from now until **November 22nd!**

- ♦ Poppy Seed
- ♦ Raspberry Cream Cheese



Please call our office (320-746-9960) to place your order!

**Winter Appeal** letters will be mailed out the first week of December.

It is your generous financial support that makes all the above happen.

Helping Hands Outreach is making a difference in the lives of many.

### Just a few Reminders:

If schools are closed or closing early, 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.

## Christmas Cheer Bags

The staff at Helping Hands Outreach has decided to discontinue the collection of items for our Christmas Cheer Bags. We realize this will disappoint many, both those who donate and those who receive. And, we will miss seeing and talking with all of you when dropping off the items. However, the operation overwhelmed us last year, taking valuable time away from our clients and weekly Helping Hands Outreach activities.

We will still be delivering over 200 smaller Christmas Cheer Bags. If you want to contribute, we will be accepting cash donations to specifically cover the cost of the Christmas Cheer Bags.



We all get busy and distracted during the holiday season. Every year I promise myself it will be different, that this year I will live the Joy!

My best intentions are to:

- ♦ Be present.
- ♦ Make time to be with others.
- ♦ Laugh.
- ♦ Be grateful in the moment.
- ♦ Enjoy stillness and silence
- ♦ Be amazed at the changing seasons.
- ♦ Bake something.
- ♦ Paint something.
- ♦ Listen generously.
- ♦ And as a Christian, truly celebrate Emmanuel, God with us. -Denise Leahy

*Find your Joy*

## Weekly Meals

Served at Noon

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

**St. Stephen**- Wednesdays followed by 500  
October–December at The Rusty Nail  
January–March at Trobec's

Weekly Meals suggested donation \$6

## Game Day

Wednesdays 9:30-11:00

Helping Hands Office

No experience required

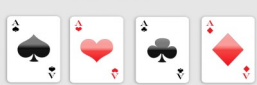


## 500

Wednesdays

12:30– 3:30

St. Stephen



## Feet First Clinic

**Holdingford City Hall**

1st Tuesday of the month  
9:00 am—Noon

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

## Exercise Classes

**Holdingford City Hall**

Tuesday & Thursday 9:30-10:30 am



**Rice Lion's Building**

Friday 10:00-11:00 am



We are starting a **Walking Club** in Holdingford.  
Times will be weather dependent. Please call the  
office if you are interested in joining in.

## ATTENTION

**December Date Change**  
**Holdingford's Monthly**  
**Lunch & Learn**  
**Thursday December 12th**

### Monthly Lunch & Learns

**Social Starts 11:30**

**Meal 12:00**

**Speaker 12:30**

**Entertainment to follow**

### **Holdingford**

Holdingford American Legion

No meal in November

December Meal Thursday 12th

With Blommel Family Band

### **St. Stephen**

St. Stephen Parish Hall

No meal in November

December Meal Thursday 19th

With Blommel Family Band

**Suggested Donation \$5**

Thank you to the Holdingford Lions  
for making & serving the Monthly  
Lunch & Learn in September.

Thank you to the Holdingford  
Lionesses for making & serving the  
Monthly Lunch & Learn in October.



# Helping Hands Outreach

## Wish list:

### Bingo Prizes

- Large Print Word Find
- Sudoku Books
- Cleaning Products
- Paper Products
- Shampoo & Conditioner
- Dollar Tree Items
- Cans of Soup
- Spaghetti Sauce & Noodles
- Crackers

### For the Office

- 300 & 500 Piece Puzzles
- Postage Stamps
- Coffee

With cold & flu season approaching we ask that if you are feeling under the weather to please stay home from Helping Hands Outreach activities. We do not want to share illness.



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.



## Equipment Lending Program-Call us if there is something you need.



## Nov-Dec Spotlights of the Month

|                 |                |
|-----------------|----------------|
| Jan Klug        | Maxine Goebel  |
| Kathy Wohletz   | Karen Legatt   |
| Al Vouk         | Kathy Welle    |
| Margaret Larson | Alice Skwira   |
| Dianne Blonigen | Lorraine Mader |



Romance, Westerns, Thrillers,  
and Mystery Novels,  
Cookbooks, Books on  
Dementia & Alzheimer's,  
Aging & History



*Books*  
**PUZZLES**  
Available for check out



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

Caring for your parents can be a difficult task. You have a life of your own: family, job, spouse, children, grandchildren, and possible outreach/ volunteer opportunities. What adds an even greater stressor to the situation is when you are asked to take on the responsibility for caring for aging parents who didn't properly care for you while you were growing up. For many reasons (life choices, addictive behaviors, mental illness, geographical distances, spouses, careers, etc.) parents and children don't always see eye-to-eye and through the years these differences can create a rift that can strain your relationship or even break it.



Studies have shown that approximately 19% of all adults who are now caring for their parents have experienced abuse by those same parents and 9% have experienced neglect as children. Providing support to those same parents who abused or neglected you as a child/youth is challenging. This caregiving role may recreate the abuse-> victim role that the grown child grew up in, subjecting them to more abuse or flash back memories of the abuse. However, if the parties are both willing, it could also provide an opportunity for reconciliation.



When looking after the needs of a parent that was abusive to them, they need to maintain proper boundaries, find an alternative care giving source if the relationship is not working, make sure they take care of themselves first and always be watchful for those signs of clinical depression.

Difficult caregiving opportunities are often the norm and as our nation's population ages, more and more of these unique caregiving situations will be present. In the best of situations, the task of taking care of another is challenging, arduous, time-consuming, and often a long process of which most are neither equipped nor prepared.

Professional support such as homecare, home health and hospice agencies, social services, mental health and non-profits are often just the place to look for assistance for long- or short-term challenges. These groups can help with the intervention that is needed right now and assist you in navigating the challenging path ahead.



Please stop by (Helping Hands Outreach, 531 Main Street, Holdingford) or call (320-746-9960) to speak directly to a caregiver consultant (Rhonda) and see how we can help reduce your stress levels.

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

**Office Hours Monday-Thursday 8am-4pm Friday 8am-2pm**

## Helping Hands Outreach Board Members

Peter Omann—Chair  
 Joe Christensen— Vice Chair  
 Lenore Dawson— Secretary  
 Judy Boulton— Treasurer  
 Mark Dorn  
 Greg Frank  
 Joan Frie  
 Rod Harren  
 Roger Justin  
 Bonnie Meier  
 Deb Meier  
 Dorine Rausch  
 Violet Ritzer  
 Mary Stalberger

Board Meetings 7:00 pm last  
 Wednesday of the month

No Board Meeting  
 July & December

Annual Meeting  
 September

## Helping Hands Outreach Staff

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

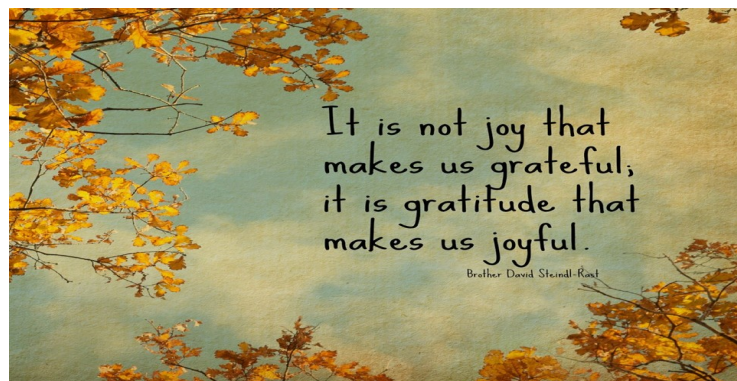


## Office will be closed:

November 28th & 29th

December 24th-27th

January 1st



## 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
- ◆Pray for us

Volunteer Drivers Needed in Holdingford,  
 St. Stephen, and Rice. Call us 320-746-9960

## Donations:

Rosemary Anderson  
David & Angela Peternell  
Clifford Harker  
We Haul For You  
Neil Neeb  
Richard & Martha Dubbin  
Deloris Pilarski  
Gary Vogt  
Fredrick Segler  
Janet Klug  
Charlie & Kathleen Vos  
Margaret Zimmerman  
Claude & Susan Opatz  
Robert Schumer  
Donald & Jane Neinaber  
Gerald & Karen Voller  
Carol Tembreull  
John & Delores Stang  
Bernard & Marge Wunderlich  
Lance & Sara Bukowski  
Ray & Carol Wilczek  
Robert Lane  
Julie Warren  
John & Lisa Schmidt  
Marcy Schmidt  
Joan Berg  
Denise Leahy

## Monthly Donations:

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

## In-Kind:

Gerald & Karen Voller  
Tom & Jeanette Stoldolka  
Sharon Hylla  
William Pogatchnik  
Brian & Monica Maine  
Mark Viehauser  
Randy & Lesa Freeman  
Tom & Rene Pierskalla

## In Memory of:

Darlene Kostreba for  
Henry & Thomas Kostreba  
Greg & Karen Knight for  
Allan & Donna Warzecha  
Idella Schneider for  
Ed Hunstiger  
Idella Schneider for  
Stanley Symanietz  
Gerald & Joan Pilarski for  
Lee & Louise Bieniek  
Lance & Sarea Bukowski for  
the Legatt Family  
Marcy Schmidt for  
Roger Schmidt  
Idella Schneider for  
Paul Fischer  
Larry Klimmek for  
Rueban & Clara Klimmek



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





PO Box 293

Holdingford, MN 56340-0293

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

ELECTRONIC SERVICE REQUESTED



## Drop off your Teals

We continue to accept and benefit from your Teals Market receipts. In **2024**, we have received **\$995.60**

**In total we have received \$7,723.61.**

Amazing! Thank you to Teals Market

## 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 to-



Ronald Scegura  
Scegura Insurance Agency  
39002 County Road 9  
Avon, MN 56310  
Tel. 320-746-2582

When you  
work with  
Brenny, you  
help us help  
our  
community!

8505 Ridgewood Rd.  
St. Joseph, MN 53674

320-363-6999  
brennytruck.com



Providing asset-based logistics solutions  
WORLDWIDE!



Brenny driver Travis and family



Professional movers for  
your home or business

USDOT 11444430 MNDOT 3754475



DOUG LEGATT  
(320) 250-2855  
wehaulforyou.com  
doug@wehaulforyou.com