



Vol. 23 No. 2

March-April 2023

We would like to thank everyone who donated this year (2022) to our Give 65 event that was held on November 29th! We were able to receive the \$5,000 matching grant as well as an additional \$500 match! The total support from all of you was \$45,500!!

Thank YOU for continuing to support Helping Hands Outreach!

If we have missed your name, please contact the office and we will put it in the next newsletter.

Mary A Stangler 😊 Randy & Shirley Willoughby 😊 David Herzog 😊 Jerome & Dolores Supan 😊 Rose Mary Huls 😊 Mike & Sharon Weyer 😊 Dennis & Lois Legatt 😊 St Anthony Christian Mothers 😊 Mary Ann Buttweiler 😊 Joan Berg 😊 Charles & Patricia Thell 😊 Robert & Sharon Thell 😊 Corrine Omann 😊 Holdingford Lioness 😊 Norbert Kollodge 😊 Roger & Mickey Jeffers 😊 David & Sharlene Walberg 😊 Allen Fedor 😊 Knights of Columbus/StIsidore Council 9307 😊 Laurence Huls 😊 Myles & Lenore Dawson 😊 Lee & Bernadett Larkey 😊 Joe & Donna Salzer 😊 Leo Bieniek 😊 Roger & Kathy Thell 😊 Rosemary Anderson 😊 Kevin Behrend 😊 Cornerstone Ag Service 😊 Michael Trettel 😊 John & Delores Stang 😊 William & Loretta Pogatchnik 😊 Mark Longendyke 😊 St Stephen Lions Club 😊 Linus Goebel 😊 Jacob & Rita Beckius 😊 Andrew & Joann Heinen 😊 Paul Swenson 😊 Doug Legatt 😊 Tim & Susan Ressemann 😊 Jerome Legatt 😊 Elizabeth A Pogatshnik 😊 Steve & Lorri Vouk 😊 Dan & Holly Justin 😊 Douglas & Glenda Schindler 😊 David & Janice Stang 😊 Carol Lundquist 😊 Jeanette Woidyla 😊 Bob & Sandi Mohs 😊 Alice Skwira 😊 American Legion Bowlus Post #642 😊 Eugene & Kathy Prodzinski 😊 Arthur & Mary Lyon 😊 Janet Sunde 😊 Robert & Nancy Ferche 😊 Ron & Shirley Konsor 😊 Darrell & Jane Heitzman 😊 Ervin Sauer 😊 Robert & Alice Kobylinski 😊 Leon Schmitz 😊 Patricia Becker 😊 Dale & Shelley Rolfes 😊 Mary Lee Vouk 😊 Janet Krych 😊 Steve & Karen Wood 😊 Roger & Janet Gerads 😊 Elmer & Jennie Maciejewski 😊 Marie Andersen 😊 Anna Mae Trobec 😊 Loren & Jo Ann Philippi 😊 Jim & Patricia Remus 😊 American Legion Holdingford Post #211 😊 Matthew & Karen Legatt 😊 Tim & Sharon Berscheid 😊 Leonard & Judy Heitzman 😊 Marlene Kroska 😊 Joseph & Marla Lahr 😊 Ron & Joan Frie 😊 Alice Maine 😊 Jennifer Kociemba 😊 Jeffery & Mary Ann Akervik 😊 Bernard & Helen Frie 😊 Everett & Sandy Olson 😊 Norbert & Virginia Fiedler 😊 Rita & Fredrick Herbes 😊 Herman & Bernice Ebnet 😊 Mark & Deb Hall 😊 Rock & Roberta Achman 😊 Alphonse & Shirley Skwira 😊 Robert & Karen St Marie 😊 Pelican Lake Ballroom 😊 Dale & Kathy Bruns 😊 Dennis & Cynthia Meyer 😊 Jim & Sharon Volkers 😊 Frank & Doreen Gerads 😊 Rich & Teresa Pilarski 😊 Lorene Koopmeiners 😊 Violet Ritzer 😊 Jean Peleske 😊 Christine Maleska 😊 Gregory & Susan Frank 😊 Tom & Teresa Weber 😊 Ray & Carol Wilczek 😊 Gerard & Marge Wentland 😊 Duane Lange 😊 Marvin & Elizabeth Caspers 😊 Louise Adolph 😊 Mark Stai 😊 Karen L Larsen 😊 Donald Litchy 😊 Robert & Rita Jarnot 😊 David & Ellie Boecker 😊 Rick & Bonnie Meier 😊 Robert & Jane Heurung 😊 Steve & Lorrie Hellmann 😊 Donald & Pat Kotzer 😊 Richard & Margaret Stang 😊 Lake Country Veterinary Service 😊 Randall & Patricia Roehl 😊 Idella M Schneider 😊 Joe & JoAnne Christensen 😊 Mel & Elaine Majerus 😊 Jerry & Kathy Schueler 😊 Roderick & Elizabeth Haberman 😊 Robert E Knettel 😊 Julie Schrader 😊 Kenneth & Kathleen Welle 😊 Allen & Donna Johannes 😊 Arnold & Donna Scholz 😊 Kenneth & Linda Lahr 😊 Albert & Diane Rodenwald 😊 Laverne E Woidylla 😊 Rahn's Oil & Propane Inc 😊 Lois Ann Solinger 😊 Art & Rene Harlander 😊 St Rosa Lumber 😊 Community Giving 😊 Vance Koller 😊 Maurice & Linda Meyer 😊 Tom & Nettie Trobec 😊 Tom Vos 😊 Robert Lane 😊



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Doreen Czech in memory of Stanley Rudnicki ♥ Gerald & Joan Pilarski in memory Lee & Louise Bieniek & Arlene & Marlene Bieniek ♥ Phyllis Blommel in memory of Dan Blommel ♥ Norbert & Virginia Fiedler in memory Mark Fiedler & Tom Legatt ♥ Shawn & Ann Riesner in memory Mary Wenderski ♥ Steve & Patricia Schiller in memory of Harlen & Mike Schiller, Melvin & John Nentl ♥ George & Donna Kierzek in memory of Amber Zapzalka ♥ Samuel & Amanda Welle in memory of Amber Zapzalka ♥ Warren & Bernice Eiden in memory of Arnold Vos ♥ LeRoy Pflueger in memory of Audrey Pflueger ♥ Thomas & Diane Jesh in memory of Bernard & Dorothy Gerads ♥ Ervin Bueckers in memory of Bertha Bueckers ♥ James & Joyce Honer in memory of Betty Mensinger ♥ Delores Bialka in memory of Bialka family ♥ Ralph & Mary Stich in memory of Bill & Mike Maciejewski ♥ Patrick & Ann Kuklok in memory of Cele & Alex Kuklok ♥ Joseph & Jane Traut in memory of Clarence & Cyrilla Skroch ♥ Florence Heim in memory of Clarence Heim ♥ Robert Pilarski in memory of Clarence, Stella, & Tony Pilarski ♥ Darlene Skroch in memory of Claude Skroch ♥ Mary Westbrook in memory of Clyde Westbrook ♥ Ron & Marlys Howard in memory of Danny Howard ♥ Donna Paggen in memory of Dave Paggen ♥ LaDonna Reisdorf on memory of deceased family members ♥ Jerome & Kathleen Ebnet in memory of deceased Johannes & Ebnet family members ♥ Kathleen Pantzke in memory of deceased members of Rutz/Pantzke families ♥ Michael & Debra Peters in memory of deceased relatives ♥ Jeanette Scepaniak in memory of Dennis Scepaniak ♥ Sharon Yurczyk in memory of Dennis Yurczyk ♥ Lorraine Traut in memory of Dolores Huls ♥ Carol Tembreull in memory of Don Tembreull ♥ Carol Wenderski in memory of Don Wenderski ♥ Betty Lou Warga in memory of Donald Warga ♥ Gregory & Karen Knight in memory of Donna Warzecha /Allan Warzecha In memory of Donna Warzecha /Donna Vouk In memory of Donnie Vouk /Mark Viehauser In memory of Donnie Wenderski ♥ Arnold Stueve in memory of Dorene Stueve ♥ Steven Jesh in memory of Dorothy Gerads ♥ Mike & Virginia Marushin in memory of Dorothy Meier ♥ William & Ruth Vouk in memory of Drew Griffin ♥ Duane & Ramona Hanauer in memory of Duane Hanauer, Debbie Hanauer, & Joyce Deitschmann ♥ Kevin & Pam Johannes in memory of Ed & Irene Collin ♥ Regina Trettel in memory of Eddie Trettel, & Martin & Susie Posch ♥ Emily Rudnicki in memory of Edward & Stanley Rudnicki ♥ Elaine Opatz in memory of Edward Opatz ♥ Michael & Judy Rolfzen in memory of Edwin Barthel ♥ LaDonna Butenhoff in memory of Edwin Butenhoff ♥ Caroline Opatz in memory of Edwin Opatz ♥ Joe & Barb Lang in memory of Elmar & Virginia Ehrlichmen ♥ Betty Czech in memory of Ervin Czech ♥ Mike & Ruth Odden in memory of Evelyn & Joyce Olson ♥ Robert & Donna Pueringer in memory of Frank & Marie Pueringer, & John & Lorraine Jarnot ♥ Bonnie Konsor in memory of Gary Konsor & Dan Blommel ♥ Rich & Diane Koehn in memory of grandson Joshua ♥ Bill & Joann Hedeem in memory of Hedeem & Casey Families ♥ Darlene Kostreba in memory of Henry Kostreba ♥ Jerry & Elaine Omann in memory of Herman & Theresa Subania, Frank & Ludmella Omann ♥ Herbert & Sharon Wielenberg in memory of Hilda Barthel ♥ George Bieniek in memory of Hildegard Bieniek ♥ Rosie Krebs in memory of Howard Krebs ♥ Dorothy Popp in memory of Don Popp ♥ Todd & Sheila Meehl in memory of Irene Schulte ♥ Bernard Ronyak in memory of Jeanne & Jude Ronyak ♥ Marlene Scepaniak in memory of Jim & Tim Scepaniak ♥ Robert Schumer in memory of Joe, Elaine, & Mark Schumer ♥ Janet Klug in memory of John & Ann Kerestes, Dad & Mom ♥ Philomene Stegura in memory of Joseph Stegura & Kathy Ruprecht ♥ Raymond & Catherine Kostreba in memory of Kostreba & Cushing family members ♥ Marvel Brown in memory of Lucy Meyer ♥ Deloris Nelson in memory of Marlo Nelson ♥ Christopher & Theresa Lalimin memory of Marvin Mastey ♥ Patrick & Ann Maciej in memory of Mike & Ceclia Fussy, & Donald Maciej ♥ Idella Schneider in memory of Mildred Pelzer ♥ Jerome Platz in memory of mom & dad, Dorisa & Arnold Platz ♥ Jean Knese in memory of Mr. & Mrs. Elmer Knese & Darleen ♥ Rick & Sharon Pogatschnikin memory of Norb & Theresa Ertl & Butch Pogatschnik ♥ Dale & Joyce Haschin memory of Norbert & Jeanette Sobania ♥ David & Darlene Huls in memory of Parents & Relatives ♥ Eric & Susan Tixin memory of Paul & Seon Tix ♥ Ripplinger Plumbing in memory of Paul Ripplinger Sr. & Veron Vos ♥ Kenneth & Helen Bechtold in memory of Peter & Clara Herman & Jeanette Bechtold ♥ Corrine Blenker in memory of Ralph Blenker ♥ George & Doreen Platz in memory of Renee Winkler & Mary Pilarski ♥ Larry Klimmek in memory of Reuben & Clara Klimmek ♥ Gerald & Mary Jane Boeckermann in memory of Rich Boeckermann ♥ Timothy & Lisa Peterson in memory of Richard & Betty Fleck ♥ Ray & Cindy Pilarski in memory of Richard & Tilla Asseln ♥ Marcy Schmidt in memory of Roger Schmidt ♥ Steve & Patty Voss in memory of Rosemary & Clarence Jarnot ♥ Eugene & Phyllis Breth in memory of Sally Kuklok & Deno Yurczyk ♥ Ernie & Lois Schmit in memory of Schmit & Bieniek Family ♥ Fred & Geraldine Viere in memory of Susan & Ervin Vogel, Leo & Veronica Viere ♥ Richard & Donna Scepaniak in memory of Sylvester & Helen Scepaniak ♥ Laverne Kobylinski in memory of Sylvester & Louis Kobylinski ♥ Rita Solarz in memory of Teddy Solarz ♥ Christine Morgel in memory of Terry Morgel ♥ Daniel & Charlotte Huls in memory of Tom Huls ♥ Linda Midas in memory of Tom Knettel ♥ Robert Hlebain in memory of Val & Emily Hlebain ♥ Delores Voss in memory of Vernon, Kevin, & Ruby Voss ♥ Joe & Darlene Adrian in memory of Victor & Stella Meller ♥ Robert & Johnita Dombrowski in memory of Viola & Dan Dombrowski ♥ Duane & Joan Zierden in memory of Viola Zierden ♥ Roger & Mary Weyer in memory of Wilfred "Bill" Traut ♥ Gary & Jean Kierzek in memory of Wilfred & Barbara Schwindel ♥ Ramona Fedorin memory of Lloyd Fedor & all relatives ♥ Robert Gray in memory of RNG Trucking, LLC ♥ Terrence & Sheila Voss in memory of Veron Sr., Kevin, Ruby, Voss ♥ Deb Binsfeld Family in memory of John Howard Binsfeld ♥ Delores Schneider in memory of Schneider & Kostreba families ♥ Delores Pilarski in memory of Martin & Glen Pilarski ♥

Upcoming Events

Weekly Meals

Meals Served at Noon

Holdingsford- 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.

Jan —March at Trobec's

April—June at The Rusty Nail

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

March 16th & April 20th

Holdingsford - 4th Thursday

Holdingsford American Legion

March 23rd & April 27th

Upcoming Speakers

March- Ernie Schmit, Holdingsford Historical Society

April- Chaplain Greg Valentine, Morrison County Chaplain

Exercise Classes

Holdingsford City Hall

Tuesday & Thursday 9:30-10:30 am

Rice Lion's Building

Wednesdays 9:30 am



Feet First Clinic

Holdingsford 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?

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

NOTICE:

Monthly Lunch & Learns
Suggested Donation \$5

Weekly Meals in Holdingsford and St Stephen Suggested donation \$6.

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

 **HOT**  items:

- In & Out Bath Benches
- Knee Scooters



Enjoy the Annual



**HOLDINGFORD
FIREFIGHTERS
RELIEF ASSOCIATION**

Breakfast

SUNDAY MARCH 12, 2023

8:00 am to 12:30

Holdingford City Center

Pancakes, Eggs, Sausage, Ham,
Hash Browns & Caramel Rolls.

**Free will donation.
Thank you!**



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.

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

- House Cleaner in the Rice, St Stephen, and Opole area. Up to 20 hours a month. Flexible schedule.

Call us at 746-9960 for more information!



HEALTH AND WELLNESS TIPS

Spring is almost here! The cold, snow, and ice is almost done, at least we can hope. With it still being slightly cold outside, it can be tempting to stay in bed curled up. The days are slowly getting longer which is helpful for our biological clocks and the weather is slowly getting warmer! Sleeping can be a struggle for some, but hopefully by following these tips it can make sleeping just a little bit easier. Tip 1: Follow a regular sleep schedule, Tip 2: Don't watch TV or use your computer, phone, or tablet right before bed, Tip 3: Avoid caffeine late in the day, Tip 4: Don't worry about sleeping. With these tips, hopefully we can all try to get more restful sleep. Sleep isn't just about how many hours you are getting each night, but also how you feel the next morning after waking up.



Take Charge Tip

If you are considering a pet, look into adopting from a local shelter!

Adopting a pet can bring many health benefits such as lowering blood pressure and reducing stress, while encouraging physical and social activity. Pets can also help manage depression and loneliness while giving us a sense of companionship. There are many different types of pets out there. Here are a few different types of pets that you could consider bringing into your home:

Dogs: Dogs are a loving, faithful, and protective friend. They are perfect for active adults. Dogs reduce blood pressure, lower stress levels, and increase self-esteem. Dogs are the most popular service animal due to their patience and ability to learn quickly.

Cats: Cats are perfect for adults who are looking for a loving pet who can care mostly for themselves. Cats are best known to boost immune systems, create a sense of calm, and are low-maintenance pets.

Birds: There are a wide variety of birds. Birds can be great for adults who are looking for a pet that requires little hands-on care. These pets have many health benefits including social interaction, lowering stress, and increasing empathy.

Fish: Fish are great if you are looking for a pet that requires very little maintenance. Fish are lovely to look at and have very diverse personalities. These pets are known to improve mental health, decrease heart rate, and reduce anxiety.



Did you know?

Pets help their owners reduce stress and loneliness and feel more connected.

Source: Medicine at Michigan

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 and



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
- 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 2023 we have received **\$245.66.**

In total we have received \$245.66.

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

Craig & Rosanne Voss in memory of Florence Voss
 Rose Mary Jarnot's family in memory of Clarence & Rose Mary Jarnot
 Cletus & Linda Miller in memory of John & Bonny Weitalla
 Mary Stalberger in memory of Donald Sauerer



Donations

Janet Klug
 Greg Smoley
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 We Haul For You
 Annette Lange
 Mike & Dorine Ross
 Rod & Liz Haberman
 Randy Schmidt
 Jason & Lynn Gerads
 Graham United Methodist Church
 Charles & Debbie Legatt

Monthly Supporters:

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

In Kind Donations

Family of Donald Herzog
 Ed Westrom
 Judy Streit



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
Holdingsford, 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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PROFESSIONAL MOVERS FOR YOUR HOME OR BUSINESS

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- We strive to exceed your expectations

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