

Do you have trouble using your telephone?

The Telephone Equipment Distribution Program can help. The TED Program provides telephone equipment to Minnesotans who have a hearing loss, speech disability or physical disability that limits their use of a standard telephone. The equipment is provided on a long-term basis at no cost for qualifying Minnesota residents. In Minnesota a surcharge on all telephone lines funds the TED Program. If your income is too high to qualify for free equipment, information is available to purchase equipment.

For more information, contact us at 974-8737.



**Atwater Area
Help For Seniors**

— Neighbors Helping Neighbors —
P.O. Box 64 • Atwater, Minnesota 56209

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Loan Equipment

We have used medical equipment for your use. Check with us first to see if we have what you need.

- Wheelchairs
- Walkers
- Canes,
- Crutches
- Commodes
- Toilet seat risers
- Bath benches
- Bed rail
- ...and more



**Atwater Area
Help For Seniors**

Neighbors Helping Neighbors Since 1988

April 2017 • Atwater, MN 56209 • 320-974-8737 • E-mail: lahbnp@frontiernet.net

Newsletter

Annual Contribution Drive

Help us continue to provide assistance for our aging neighbors

Since 1988 our program has worked to enhance the quality of life for our older residents. Thanks to this very generous community, we have been able to continue to provide assistance as needed, to our neighbors ages 65 and over, helping them remain in their homes and our community.

Over the past year, we have been working hard on promotion and outreach, and we have had 25 new people utilize our services. We currently serve people in all 5 of the service area townships and have volunteers from each as well.

We receive funding from:

- MN Department of Health and Human Services Live Well at Home grant
- Contributions from Genessee, Acton, Harrison, and Lake Elizabeth townships and City of Atwater
- Meeker Electric and Kandiyohi Power Round-Up
- Individual contributions and memorials

In the month of February 41 volunteers provided 477 hours of service.

Volunteers and staff

- provided 31 rides
- delivered 143 noon meals
- provided resources to 7 families
- provided 137 home and phone visits
- 19 people attended Bone Builders classes
- 10 participated in the exercise group
- Over 100 people from the community attended our President's Day Pie, Coffee, and Bake Sale

Your donations and support make a difference!

Thank You for your continued support!

Bone Builders — Free Exercise program designed to increase

The Bone Builders program relies on weight training and balance exercises to protect against fractures caused by osteoporosis by increasing muscular strength, balance and bone density.



Studies published in the New England Journal of Medicine and the Journal of the American Medical Association show that older women who participated in a weight training program twice weekly for a year gained an average of 1% of bone density. A control group lost 2% to 2.5% over the same time period. Participants reported increased strength, better balance, more energy and feelings of well-being.

We have two on-going classes led by Volunteer Trainers. Participants can join class at any time. The key to participation is a commitment to attend classes twice weekly for a minimum of six months. All of the research surrounding weight training as a deterrent to osteoporosis confirms that a twice weekly commitment is required to insure an increase in bone density.

Morning Class:
Monday and Wednesday
from 9:30—10:30 a.m.

Evening Class:
Monday and Wednesday
from 5:00—6:00 p.m.

Classes are not for women only! Of the 28 million people who suffer from osteoporosis, 6 million are men. All classes are held at the Atwater Community Center.

Contact
Area Help
for Seniors
office
974-8737
for forms
and
further
information.

"I personally want to thank all the volunteers that do a wonderful job for AAHFS. I especially want to thank carriers of noon meals brought to my home. They are always courteous, friendly and timely."



**April is National
Volunteer
Appreciation
Month**

In 2016 our 79 volunteers served 102 residents from our 56209 area, providing 7739 volunteer hours.



Save the date:

Saturday, September 23, 2017 for

"Dancing With the Atwater Area Stars"
Join us for an evening of competitive performances from talented local dancers!

Geographic Service Area: City of Atwater and area townships of Genessee, Harrison, Lake Elizabeth, Acton, Danielson, Irving, Kandiyohi and Swede Grove using Zipcode 56209

The Mission of the Atwater Area Help For Seniors is to support elders, along with their caregivers, so elders may stay in their homes and in their community as long as safely possible.



**ATWATER
AREA
HELP FOR
SENIORS**

A 501C (3) PROGRAM

Deb Friedrichs
- Program Director
Service Coordinator -

DebraFriedrichs@atwaterhfseniors.com

Lori Hutchinson
- Volunteer Coordinator -

Lori.Hutchinson@atwaterhfseniors.com



Generally M-F 8:30am-4pm
Please call 320.974.8737.
We're in and out of the office
and we'll arrange a time to
connect with you.




Office Location —
126 4th Street North
(Atwater Wellness Center)

Mailing Address —
P.O. Box 64
Atwater, MN 56209-0064


Phone —320.974.8737

FAX — 320.974.1018

Facebook — 
Like Atwater Area Help
For Seniors (LAHBNP) on Facebook

Website — www.
atwaterareahelpforseniors.com

Member of Living At Home
Network and MN Council of Nonprofits

give MN 
Atwater Area Help for Seniors is now listed on the GiveMN webpage; if you prefer to make a contribution using your credit card, you can go to our webpage and click on the "donate" button at the top and it will take you to the GiveMN site.

2017 Board of Directors

Chair:Connie Halvorson
Vice ChairJames Olson
SecretaryBob Meyerson
.....Sandy Miller
TreasurerCarolyn Poe
.....Matt Lilleberg, Connie Overlie,
Pastor Christian Strickland

Consultant Members:

Ronda Anderson of Ecumen
and
Harlan Madsen, County Commissioner

Stop at the Atwater Area Help for Seniors Booth!

Stop in and say hello at our booth at Life Connections 2017, held at the Willmar Civic Center. It is a free educational and informational event for Adults age 50+.

Thursday, April 20 5—7:30pm

5:30: "2701" Willmar HS Jazz Choir
6:30: Jill May, NBC's Strong winner,
Season 1

Friday, April 21 8:30am—4pm

Ongoing educational forums, and:
10:30: Kingery Family
12:15: Patty Wetterling
1:30: Bingo
2:30: Wengdingers Band

LIFE CONNECTIONS 2017

Thanks to Willmar Area Community Foundation for sponsoring our booth fee as the recipient of their 2016 Senior Friendly Non-Profit of the Year Award. We will have our Deterra Medication Disposal bags available—dispose of your unwanted medications safely and easily at home.

We thank you all for your generous financial support throughout the year.

We are funded by grants, donations and memorials. Working together, we are able to provide services to our elderly neighbors, allowing them to remain in their homes and community as long as possible. Listed are the donations received from December 15, 2016 through March 15, 2017. We appreciate each donation made!

DONATIONS:

Sandy Miller
Anonymous
Arnold Stifter
Betty Sokolosky
Ralph & Carolyn Hall
Dr. Dwane & Cheryl
Gustafson
Paul & Pamela White
Monica Hartung
Betty Sokolosky
Bruce Larson (can money)
Gary & Nancy Palmer
Mary Ann Smith
Gladys Carlson
Arnold & Esther Rood
Beth Nelson
Larry Poe
Jan Marquardt

Medical Equipment

Karen Hanson
Linda Malvin

IN MEMORY OF:

Fran King
Mark & Lori Hutchinson
Gordon & Betty Behm
Phyllis Anderson
Vern & Gerry Passmore
Dean & Beth Nelson
LaVern Pickle
Sandy Edwards
James & Mavis Olson
Nick Lilleberg
Gordon & Betty Behm
Sandy Edwards
Deb Friedrichs
Rocile Sokolosky
James & Mavis Olson
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Rob & Betty Paulson
Fran Messenbrink
Jane Hovey
Donald Sr & Joyce Slinden
Mr. & Mrs. Donald Slinden Jr
Phyllis Losing
Jerrel & Carol Hintz

Loisa Rhode

Lynda Behm
Phyllis Hauer
Family & Friends
Grace Peterson
Donna Miller
Donavan Johnson
Phil & Jennifer Slinden
Richard Benson
Bob & Julie Ehrlich
Mary Moll McCarthy
Ronald & Rosalie Peterson
Brian Mahn
Robert & Betty Paulson

IN HONOR OF:

Connie Halvorson
Josie Hovey
Larry & Carolyn Poe
Josie Hovey
Larry Poe
Gloria Mahn
Marci Stone
Michael Garner,
Ron & Kathy Garner



Presidents Day Pie/Coffee & Bake Sale

Our annual President's Day Pie and Coffee brought many people out on a rainy February Monday. All were welcomed by familiar faces and smiles from friends they may see every day as well as long-time friends they only have the chance to visit with on special occasions. How wonderful it was watching everyone enjoying their homemade pie and catching up with friends from the surrounding community. We served over 100 people and a huge thank you to all of our Volunteers who put in countless hours baking the pies and making even more baked goods for the bake sale. The variety and amount of goods for sale was tremendous and we can't thank everyone enough that donated. We appreciate all of you who came and thank you for your continued support of Atwater Area Help for Seniors in our efforts to keep our seniors in their homes and our community.



"We are fortunate to have a program like the Atwater Area Help for Seniors. Thank you to the staff for checking on us and our needs. Since I no longer drive I appreciate the volunteer drivers who have been so kind and helpful in getting me to my medical appointments and my other needs. Thanks to AAHFS!"

280 Thursday Meals Served

Thanks to the Meeker Electric Trust Grant we have been able to offer \$2 Thursday meals at our Senior Dining site since September. At this time we have subsidized 280 noon meals for area residents, including 18 new participants.



Did You Know?

By 2030 Kandiyohi County is projected to have 1 out of 4 residents retirement age (65+); Kandiyohi County's population is older than the state's population. While generally healthier than previous aging generations, this group is also likely to live longer and require care for more years. (Wilder Research)



Calendar of Events:

April:
National Volunteer
Appreciation Month
April 20, 21:
Life Connections, Willmar
June 17:
Festival Days
July 15:
Golf Tournament
September 19:
Health Fair
September 23:
Dancing With
Atwater Area Stars

Correction to Atwater
Water Bill Newsletter:
We will not be having a
May Day celebration
this year.