



# Atwater Area Help For Seniors

*Neighbors Helping Neighbors Since 1988*

# Newsletter

December 2016 • Atwater, MN 56209 • 320-974-8737 • E-mail: lahbnp@frontiernet.net

## Seasons Greetings



The Volunteer Appreciation was held at the Strong Garage.

## Volunteer Appreciation Held

Tuesday, December 6th, the Volunteer Appreciation Luncheon was held at the Strong Garage. The AAHFS board and staff hosted over 60 of our volunteers to show appreciation for the countless ways they donate their time and talents to our program. A very special thank you to the Atwater Library and librarian, Lynda Behm, for sponsoring the Kingery Family who provided beautiful Christmas music for everyone's enjoyment. Josie Hovey was honored for her 28+ years of support to our program. Josie's daughter, Darleen, and son, Deryl, joined in the festivities. Josie was instrumental in bringing the Block Nurse Program to the Atwater area in 1988. She has filled many roles through the years, as a board member, making scrapbooks, visiting, organizing and working at events, "Cooking With Grandma" program and as recently as October, she provided baked goods for our bake sale. Her spirit of giving and leadership continues to enrich so many lives!

Josie Hovey with children  
Darleen and Deryl



Sandy Miller



The Kingery Family



Larry & Carolyn Poe

## Do you need ideas for gifts?

Some suggestions are:

- Gift certificates for foot care provided at the Wellness Center by LPN Esther Rood, \$15 for toenail trim, foot soak and foot massage (certificates are available at Help for Seniors office)
- Meal tickets to the Senior Dining Site, \$4.00 per meal suggested donation, menus and tickets available at Help for Seniors office
- Other Ideas: Visits, grocery shopping trips, phone calls, bring a meal, shovel their walk, assistance with writing letters or cards

*We are so thankful  
to all of our  
volunteers!*

Through 2016, over 80 volunteers provided more than 7500 hours of service. They made over 1425 visits to people in their homes and long term care facilities and drove over 4200 miles, taking people to medical appointments, shopping, and outings.

**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 Chair: James Olson, Secretary: Bob Meyerson, Sandy Miller, Treasurer: Carolyn Poe, Matt Lilleberg, Connie Overlie, Pastor Christian Strickland, Consultant Members: Ronda Anderson of Ecumen and Harlan Madsen, County Commissioner**

**Thank You to Connie Overlie who has served as our chairperson and is remaining on the board and to Bunne Johnston who has retired from the board.**



We have begun hosting "Tuesday Tea." The first one was held in a private home with rides, tea and luncheon provided by the Help for Seniors staff. The second tea was held at the Wellness Center. Socializing with friends help the cold days seem bearable!

## *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 September 1 through December 10, 2016: We appreciate each donation made!

### DONATIONS:

Bruce Larson (can money)  
Gladys Carlson  
Marcy Stone  
Anonymous  
Josie Hovey  
Gloria Mahn  
Don & Sandy Amdahl  
Michael & Lorna Dobihal  
Tony & Valoris Anderson  
Jackie DeRudder  
Shirley & Joyce Dahl  
Fran Weiland  
Quazar Capital Corporation  
Bob Meyerson  
Harrison Community  
Presbyterian Ladies Aid  
Marv Otto Foundation by  
Willmar Area Community  
Foundation

Jerrel & Carol Hintz  
Robert & Frances King  
Sandy & Pat Walsh  
Don & Karen Soltis  
Corinne & Dennis Baker  
Robert & Betty Paulson  
Steve & Sandy Miller  
Jim & Mavis Olson  
Sandy Edwards  
David & Kathy Johnson

**Phyllis Losing**  
Rocile Sokolosky  
Mark & Lori Hutchinson

**Loisa Rhode**  
Don & Karen Soltis  
Sandy Edwards

**George Klose**  
Don & Karen Soltis

**Glenn Nelson**  
Roland & Bunne Johnston

**Albina Ackerman**  
David & Kathy Johnson  
Phyllis Anderson

**LaVern Pickle**  
Roger & Jo Holm  
Carol Hintz  
Phyllis Anderson

### IN MEMORY OF:

**Corenne Brandt**  
Robert & Betty Paulson  
**Walter & Lydia Mahn**  
Delwin Mahn  
**Tom Swenson**  
Phyllis Anderson  
Robert & Betty Paulson  
Don & Karen Soltis  
Jim & Mavis Olson  
Sandy Edwards  
**Fanny Messenbrink**  
Dave Messenbrink  
Wayne & Judy Denton  
Phyllis Anderson

### IN HONOR OF:

**Marv & Peg Sackett on their 60th Anniversary**  
From Family & Friends  
Dean & Beth Nelson  
**Ridgewater Nursing Volunteers**  
Mickey Peterson

### Charleen Baller

By the DirecTex team:  
Emily Csuy, Fawn Gage, Sue Bennett, Kelly Slattengren, Kim Tangen, Claire Hines, Steve Funk, Jake Baller, Alysia Fehrman, Susie Schlosser, Shallon Goulet, Taylor Laurich

### THANK YOU:

**St. John Luthean Church**  
for their donation which allowed us to purchase 2 new wheelchairs. A transport wheelchair is now available at the Community Center for public use at events held at the center (located by the coat rack). The other chair is available to loan from our office.

**Sparboe Farms**  
for the donation of 30 dozen eggs for our sandwiches at the Soup Supper in October!

**Kathy & Ron Garner and Jennifer Slinden & Families**  
for their donations of equipment including walkers, wheelchairs, shower chairs, and many other items for our loan closet

**The Yerka Family**  
for opening their home to share their Thanksgiving meal with several of our seniors.



*from  
the director:*

This time of year is such a busy time for most people, and it also can be one of the most stressful. Depression, especially in our elderly, can become more pronounced during the holidays. People may be suffering with chronic health issues, feelings of loneliness, loss of loved ones, the lack of energy to be able to do past traditional holiday celebrations. It is important to not ignore or overlook signs of depression.

Some suggestions to help older loved ones during this time:

- include them in activities
- visit or call
- talk about memories of past holidays
- look through photo albums together or watch family videos;
- listen
- offer specific help for shopping, decorating, baking, wrapping

Sometimes the best gift we can give each other is our time.

*May you all have  
a  
Merry Christmas  
and  
Happy New Year!*

Deb Friedrichs  
Program Director

## *Lions Club Sweater Sale held in conjunction with:* **Annual Soup & Sandwich Supper**

We had a beautiful fall evening for the Soup and Sandwich supper on October 20th. Thank you to the many volunteers for the bake sale items, to those who made the soup and sandwiches, and all who served. Special thanks to all who attended; it was good to see so many people visiting over supper. The Atwater Lion's Club had many beautiful sweaters for their annual sale, provided by Charleen Baller of DirecTex.



**On November 21 Mickey Peterson delivered her hand-made afghans, caps, baby sweaters and numerous other items to Safe Avenues in Willmar.**

**Thank you, Mickey, for your generosity!**

# Could Someone You Know Benefit?

Do you have a family member or neighbor who could benefit from one of our services? Please call our office at 974-8737. We offer assistance with transportation, home delivered meals, friendly visits, phone check-in calls, grocery or prescription pick-up, assisted shopping and more. Our volunteers are available to help!

# Memory Tree Ornaments

Stop in at Atwater Area Help For Seniors office to view our Memory Tree. Ornaments are available for \$5.00 with your loved ones name on, call or stop in at the office to order. The ornaments can be picked up from December 20 to 30.

# Special Thank You

Thank you for remembering us over the past year—if you are looking for an “end-of-year donation”, please consider the Atwater Area Help For Seniors.



**Atwater Area  
Help For Seniors**

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



# Community Health Fair held in September

The Atwater Community Health Fair was held September 20 with 33 local providers who shared information about health care, risk reduction, healthy aging and a wide range of services. Flu shots were available as well as cholesterol screenings, blood pressure checks and medication disposal. Over 100 people attended the event, gathering information and enjoying light refreshments and door prizes.

A community medication disposal was available at the annual Health Fair held on September 20th. This project had been researched by a University of MN Morris student spring term and used Deterra's deactivation product, a MN-based company. In collaboration with the Atwater Police Department, Police Chief Trevor Berger (above), and the Area Help for Seniors Program, 5,765 pills, patches, or liquid medications were destroyed that day. Individual disposal bags are available at the Help for Seniors office.

