



Atwater Area Help For Seniors

Neighbors Helping Neighbors Since 1988

Newsletter

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

2016 Upcoming Events

- Golf Tournament
July 16
-
- Health Fair
September 20
-
- Soup & Sandwich
October 20

TEE OFF Charity Golf Tournament

SATURDAY, JULY 16

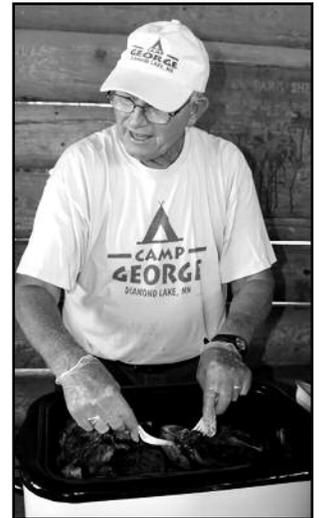
2016 Atwater Area Help for Seniors

The 2016 Atwater Area Help for Seniors Charity Golf Tournament, in memory of Lloyd B. Hovey, will be held Saturday, July 16. Registration begins at 9am, Shot gun starts at 10am. 4-person scramble; contests & prizes on every hole, \$60/person or \$240/foursome. 18-holes, cart, gift bag & box lunch. Contact Josh to register 320-974-8600 or jjhag@yahoo.com. Register by July 12 to guarantee a golf cart. The tournament is held at the Island Pine Golf Course, Atwater, Minnesota.



Fun at Atwater Festival Days

Saturday, June 18, our day was filled with Festival Days activity. Volunteers prepared and baked fresh caramel rolls which were sold at the turtle races. We sold out 20 dozen rolls in 1 ½ hours. In the afternoon, we had an entry in the parade—special thank you to our volunteers involved in decorating, driving, riding and walking, especially in the heat! At 4:30 serving began for the pork chop supper with Donnie Boll and crew grilling the chops. Our volunteers, Help for Seniors and township board members, and one of our county commissioners, served about 150 people. The weather was hot but there was no rain and the day was a success. There was a lot of friendly visiting among neighbors—an important part of our annual town celebration.



Geographic Service Area: City of Atwater; Genessee, Harrison and Lake Elizabeth Townships and those portions of Irving and Kandiyohi Townships of Kandiyohi County that use Atwater Zipcode 56209; as well as those portions of Swede Grove, Acton and Danielson Townships of Meeker County that use Atwater Zipcode 56209*
 (*Persons living between Atwater and Grove City may choose to associate with Atwater and/or Grove City programs.)

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

Karen Fischer

- Volunteer Coordinator -

Karenfischer@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



Atwater Area Help for Seniors
is now listed on the GiveMN web-
page; if you prefer to make a con-
tribution 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.

AAHS Receives Non-Profit of the Year Award

Deb Friedrichs, left, executive director Atwater Area Help for Seniors, and volunteer coordinator Karen Fischer visit with Lila Rekedal at the organization's booth at Life Connections in April. AAHS received the 3rd annual Willmar Community Foundation Senior Friendly Non-Profit of the Year award.

- Rand Middleton
West Central Tribune



A Huge Thank You for your financial support!

We had an overwhelming response to our Annual Contribution Drive, sent out with our March newsletter. We can't thank you enough! Through your generous gifts we are able to work together to continue to provide necessary services to our elderly neighbors—keeping them in their homes and our community as long as safely possible!

Listed are the donations received March 11 through May 31, 2016:

DONATIONS:

Bethlehem Lutheran Church
Immanuel Lutheran Church
Blanche Swenson
Lynne Grahn
Gordon Wittman
Gladys Carlson
Alice Ann Alseth
Lynda Behm
Elton Gravel
Karen Johnson
Paul & Betty Nelson
Terry & Audrey Thompson
Anonymous
Don & Sandy Amdahl
Terry Strand
Scott & Ashley Bormann
J & J Hanson Farms
Acton Township
Harrison Township
Gennessee Township
Steve & Sandy Miller
Floyd & Betty Lou
Kragenbring
James & Sandy George
Immanuel Church Women
Phyllis Anderson
Gloria Mahn
Dave & Kathy Johnson
Al & Lee Brower

Bruce Larson (aluminum cans)
Josie Hovey
Lorna Hanson
Marci Stone

IN HONOR OF:

Friends & Family
by Judy Bengston
The "Bingo Babes"
by Larry & Carolyn Poe

IN MEMORY OF:

Charles Carlson, Lorraine
Larson, Myrtle Mahn,
Annette Schmiedker
by Sandy Edwards
Harlan Hemingway
Atwater Ford
Tillie & Palmer Rierson
Dick & Marge Rierson
Eldor & Dorothy Gratz
Dale & Mary Gratz
Berdelle Ingeman
Ronnie Ingeman
Clinton Ahl
Louise Ahl
Lou Schroeder
Mary Ann Smith
Jan Johnson

Russell Johnson
Jan Johnson
Sandy Edwards
Anna Mae Bengston
Jan Johnson
Lynda Behm
Sharyl Helgeson
Vern & Gerry Passmore
Jerry Bengston
Jan Johnson
Luella Behm
B.J. & Carol Brown
Loved Ones
Betty Thomsen
Douglas Belgum
Daniel & Sally Belgum-Blad
Marion Johnson
Roger & Janet Rossell
Delwin Mahn
Lynda Behm
Roger & Jo Holm
Roland & Bunne Johnston
Rosella Benson
Robert & Julie Ehrlich
Todd Smith Sr
Vern & Gerry Passmore
Mary Malvin
Robert & Betty Paulson
Robert G. Ehrlich
JoAnn & Bradley Gratz
Harriet Larson Johnson
Don & Sue Johnson



May Day Celebration Held!



The Atwater Area Help for Seniors annual May Day celebration was held on May 3rd at the Atwater Community Center. Musical entertainment was provided by a group of ACGC 4th graders under the direction of Heidi Thoma. After their selections, strawberry shortcake was enjoyed. Special thanks to all who attended, to our volunteers, and especially to our young people who took time out of their day!



From Our Volunteer Coordinator

—Karen Fischer

Many of you have heard that after 11 years, I have resigned my position as volunteer coordinator for the Help for Seniors program. I have enjoyed the work as volunteer coordinator, enjoyed meeting clients and volunteers and working together over the years. The volunteers are the backbone of this program and do tremendous work to help keep the seniors of our area living in their own homes as long as safely possible.

Thank you, volunteers, for making my job much easier over these years by always being willing to help when called upon. Keep up the great work.

**To honor
Karen
for her years
of service
please join us on
Friday, July 8th
from
1:00 to 3:00
for
cake and coffee
at our office,
126 4th Street North
Atwater**



Need Assistance?

When you think about needing extra assistance as you or a family member age, do you immediately think of “nursing home”? Through the years this has been changing! More and more, emphasis is being put on “aging in place”. With additional help available through programs like ours, with our volunteers providing the needed assistance, or through local home health agencies, a few hours of help a week can make all the difference in being able to remain at home.

If you need assistance doing your laundry, getting groceries, cleaning or lawn care, cooking meals, getting to appointments, or other day to day activities, please call me at 974-8737. There are many resources available and I would like to help you find what service will be best for you.

—Deb, Program Director



Atwater Area Help For Seniors

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

Kick Off at Health Fair in September:

New Community Pilot Program for Disposal of Unused Medications

Do you have outdated, unused medications—prescription, over-the-counter, liquid or patches and don't know how to dispose of them? Flushing them down the toilet can seep into groundwater and contaminate our drinking water.

We were fortunate to enlist the help of Rachel Botzet, a U of MN Morris student (who was funded in part by Otto Bremer Trust) to research alternative disposal programs. As a result, we are sponsoring a pilot program for our community for safe disposal of unused medications, using Deterra's drug deactivation system. This project will kick off at our annual **Health Fair September 20th**.



Bring your unwanted medications to the health fair on Tuesday, September 20th between 9am and 12 noon and place them in our disposal bucket. We also will have individual bags available for you to use at home in a very simple process: medications go into the bag, add water, seal and throw it away in your regular garbage. The bags are biodegradable and safe for the environment.



AAHS Receives 2-Year Grant

The Atwater Area Help for Seniors has received an additional 2-year Live Well at Home grant from the MN Department of Human Services to assist with providing services to our elders in the city of Atwater and surrounding townships.