



Atwater Area Help For Seniors

Neighbors Helping Neighbors Since 1988

Newsletter

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

2016

Community

Atwater
Community Center

Tuesday, September 20



Atwater Area Help for Seniors will be hosting its annual Community Health Fair on Tuesday, September 20th from 9 am to noon at the Atwater Community Center. Over 30 exhibitors will be there with information on traditional and alternative health care, wellness, risk reduction, healthy aging, in-home and supported living services, blood pressure checks, and much more. Come fasting if you will be having cholesterol or glucose screenings done. There will be light refreshments and door prizes. This event is FREE and welcomes all ages.

Flu Shot Clinic:

Homeland Health Specialists, Inc will be offering the Quadrivalent Flu Vaccine from 10:00—11:00.

Bring a copy of your Medicare and supplemental insurance card. Homeland Health is Medicare certified and also accepts the following insurances: BCBS of MN, HealthPartners, Medica and PreferredOne—must bring insurance card.

Health Screenings

by Rice Hospital Lab

Come fasting for cholesterol, lipid panel, and more.

There will be a small fee charged.

Fee will be discounted by money received from Meeker Cooperative Electric Trust grant.

FREE Drug Disposal

Clean out your medicine cabinet and cupboards and bring outdated, discontinued prescription and over-the-counter drugs to be destroyed.

Pills, liquid, and patches will be accepted.

Need a ride to attend? Call us at 974-8737—we have volunteer drivers!

\$2 Thursdays for Senior Nutrition

Thanks to a generous grant from Meeker Cooperative Electric Trust, we are able to offer "\$2.00 Thursdays" (for age 60+) at our Senior Nutrition Program. Mark your calendars! September 29, October 13 and 27, November 3 and 17, December 15 and 29. Please call 320-262-1180 by noon the day before to sign up. Where else can you get a delicious, nutritious meal and great conversation—all for the price of \$2.00!

2016 Upcoming Events

- Health FairSeptember 20
- Teepa Snow Educational Event - WillmarSeptember 27, 28
- Walk to End Alzheimers, Willmar ...Oct. 1
- Soup & Sandwich SupperOctober 20

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



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.



Thoughtful Senior Gifts

Looking for gift ideas for that special person? Tickets to the area Nutrition Site are a welcome gift—they are able to share a nutritious noon meal with others at the Community Center Monday through Friday; home delivery also available. Suggested donation of \$4.00 per meal for 60+ year olds. Call us at 974-8737. We will send out "gift cards" per your request.

Loan Equipment — You can borrow walkers, wheelchairs, commodes, bath chairs, canes, magnifiers—and many other items—for a few days or as long as needed. Call us to see if we have what you need at 974-8737. We also accept donations of used durable equipment in good condition.

Drivers Needed — We need drivers to help take people to area clinics. Medical visits vary in length—some may be several hours, some may be less. All are greatly appreciated by those we serve. Please call for more information about this opportunity to help your neighbors: 974-8737.

A Huge Thank You for your financial support!

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 June 1 through August 31, 2016:

DONATIONS:

Lake Elizabeth Township
City of Atwater
Dale & Mary Gratz
Gerald Gratz
Bruce Larson
(aluminum cans)
Dave & Kathy Johnson
Ardell & Jan Marquardt

Carol Ringler

Roger & Janet Rossell
Phyllis Ann Anderson
Vern & Gerry Passmore
Richard & Lorna Thorp
Sandy & Pat Walsh
Bernard & Charlotte Gratz
Rocile Sokolosky
Steve & Sandy Miller
Sandy Edwards
Carol Hintz
Ernie & Shirley Frarck
Gordon & Betty Behm

Helen Berg

Josie Hovey
Sandy Edwards
George Woods
Judith Groth
Bob & Pat McDowall
Kristen Potter
Sandy Edwards
Anonymous

Vivian Nelson

Ernie & Shirley Frarck
Rocille Sokolosky

IN MEMORY OF:

George "Fred" Klose
Marjorie Nelson
Roger & Janet Rossell
Nick & Melissa Rossell
Jane Hovey
Josie Hovey
Jim & Mavis Olson
Kim & Katie Olson
Phyllis Ann Anderson
Carla Walden
Sandy Edwards

Stanley Nelson

Phyllis Ann Anderson

David Lake

Robert & Betty Paulson

Loisa Rhode

Josie Hovey
Sharyl Helgeson

Eileen Vigasaa

Gordon & Betty Behm

Anna Mae Bengtson

Sandy Edwards

In Appreciation Of:

Larry & Carolyn Poe
by Josie Hovey

Irene & Slim Halverson
Sandra Rasmussen



2016 Atwater Area Help for Seniors

Charity Golf Tournament

SATURDAY, JULY 16

Ninety-one golfers, making up 22 teams, participated in our golf tournament on Saturday, July 16th at Island Pine Golf Club. It was a perfect, sunny day filled with great golfing, hole contests, putting contest, prize drawings. A huge thank you to the hole sponsors, lunch sponsors, individuals and businesses who donated to the event, and to all of the golfers who participated. Special thanks to Josh Hagstrom, Dean Nelson, Charleen Baller and all of the volunteers who worked so hard to make this such a success. Mark your calendar for July 15, 2017!



Winning Team: Zach Hovey, Scott Zimmer, Luke Oday, Brock Stimson.



Thanks Hole Sponsors:

- Animal Health Services
- Atwater Dental
- Atwater Ford
- Atwater Heating & Air Conditioning
- Baker Printing
- Central Lakes Cooperative
- Central MN Senior Care
- Christianson & Associates
- Divine Home Care and Hospice
- Dwaine Buer Electric
- DZ Landscape Renovations
- Harvest Bank
- Hennes Machine & Repair
- Home State Bank
- Jodi Severson/Edina Realty
- Kinsella Chiropractic
- Medical Supplies/Tru Care Pharmacy
- Paul White/Thrivent
- Peterson Brothers Funeral Home
- Quazar Capital Corporation
- Roger & Jo Holm
- Sunrise Lane Properties/
Brian Hovey Construction
- West Central Sanitation
- Paws Floral
- Atwater Equipment,
- Atwater Liquor/BAM
- Barker Electric
- Dayton Bus
- Elton Gravel
- Greg Tauer
- Home Agency
- Pest Pro II
- Miller Sanitation
- Peaceful Thymes
- Atwater Lions

Thanks Lunch Sponsors:

- Jennie O Turkey
- Immanuel Lutheran
- AAHFS volunteers (cookies)
- Bethlehem Lutheran
- St. Johns Church

Thanks Other Donors:

- Midwest Locomotive, Thrivent Funds,
- Barb & Stan Lilleberg, Whitcomb
- Brothers Grain Systems, Clemensen Enterprises, DirectTEX, Charleen Baller,
- Harvest Bank, Island Pine Golf, Peaceful Thymes, Atwater Ford, Jimmy's Pizza,
- Kinsella Chiropractic, The Handle Bar, Custom Comfort Beds, Premium Water of Willmar, Bonnie Jans Woodcarving,
- Farm Bureau Financial Services, Allan & Tammy Moll, Larry & Carolyn Poe, Connie Halvorson, Karen Anderson, Dean Nelson, Lee Mickle, Jo & Roger Holm

Welcome Lori . . .

We are happy to introduce Lori Hutchinson, our Volunteer Coordinator as of August 15. Lori and her husband, Mark, are lifelong members of the Atwater community where they raised two sons: Jesse and Nicolas.

Lori is excited to be working with the Help for Seniors program as well as getting to know more members of the Atwater community!

✓ Check Us Out!

With financial support from our MN Department of Human Services grant, we have launched our new website:

Atwaterareahelpforseniors.com

*You can also like
us on Facebook!*



Atwater Area Help For Seniors

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



Enjoy Bingo?

Join the fun the first and third Monday of every month in the small meeting room at the Community Center at 1 pm.

*Bingo, prizes, coffee, treats—
and lots of laughter.*

Need a ride? Call 974-8737

Need A Ride?

We have volunteer drivers to help—locally or to St Cloud, Litchfield, Willmar.

**Call Us
at
974-8737**

We Can Help!

Do you have a concern for your elder parent, relative, friend, or neighbor?

Help for Seniors can help find the resources needed—just call

974-8737

Do you like to play cards?



Whist players gather at the small meeting room at the Community Center at 6:30 pm Thursday nights (time will change to 1 pm in winter months).

*You are welcome to come
and join in the fun!*