



**Atwater Area  
Help for Seniors  
NEWSLETTER**  
November 2018  
**CELEBRATING 30 YEARS**

**SOUP SUPPER 2018**



**Thanks to the great crowd that turned out on a beautiful day for the delicious soups and egg salad sandwiches. The bake sale provided delicious treats and the Lion's Sweater Sale gave shoppers some great sweaters at great prices! A special thank you to Sandy George, Jerry Spencer, Joan Larson and Paul Overlie for making the roasters of delicious soups... a big undertaking but enjoyed by all! To all of our Volunteers who worked and to the bakers who contributed to the bake sale, thank you for your continued enthusiasm and support for our program. And at the end of the day when the workers were tired and ready to go home, what a welcomed sight the young men were from the ACGC football team along with their coach, David Blom! Thank you for putting away all of the tables/chairs and other tasks that were needed. Such a great group of young men!**

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NOVEMBER IS NATIONAL FAMILY CAREGIVERS MONTH.  
THERE ARE OVER 44 MILLION AMERICANS PROVIDING  
CARE FOR FAMILY MEMBERS, FRIENDS AND NEIGHBORS.

*Happy Thanksgiving!*

**Winter Safety Tips**

Our early blast of winter has been a good reminder to prepare for the upcoming cold, wintery season ahead. Be sure to have essential supplies in case of storms; these include food, bottled water, batteries, sidewalk salt, flashlight, weather radio, first aid kit, extra medicines. Do you have a manual can opener in case of a power outage?

Keep your walkways cleared of snow and ice to prevent falls. Cover icy patches with salt, sand or kitty litter to provide better traction. Wear appropriate shoes, walk slowly & carefully, taking small steps.

Test your smoke detector batteries & replace them twice a year. Install a carbon monoxide detector & check batteries when you change clocks spring & fall. To prevent illness, the best defense is handwashing, especially during the cold & flu season. Wash before cooking or eating & after using the rest room, after coughing or blowing your nose. Keep hand sanitizer accessible around your home. When traveling, inform a friend or relative of your plan.

**Harvest Bank "Bank Local, Give Local" Campaign Supports Atwater Area Help for Senior's Program thru your donations**

Harvest Bank is offering a unique program to their area non-profit organizations for the holiday season. Promoting their new online giving portal, Harvest Bank is matching 25% of Area Help for Seniors donation (made on their website) to our program from Nov 15<sup>th</sup> - Dec 31<sup>st</sup> up to \$2018! Harvest Bank's integrated giving solution enables people to give back to the charities they care about and manage their online giving portfolio in one place. Find the Help for Seniors charity by visiting [harvestbankmn.com/give](https://harvestbankmn.com/give) & clicking on the "Bank Local, Give Local" banner toward the top and giving to Atwater Area Help for Seniors. Or type in our donation webpage directly.

<https://harvestbankmn.goodcoins.io/causes/3836923>

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Our thanks to Harvest Bank for this additional support to our program!

*October Memorials & Donations  
Thank You!*

**In Memory ~**

Alice Freeberg Hermann

**Connie Halvorson**

Bonnie Franzen Grund

**Connie Halvorson**

Shirley Walsh

- Don & Karen Soltis**
- Gordy & Betty Behm**
- Danny & Gloria Fostervold**
- Connie Halvorson**
- Sonja Van Binsbergen**
- Ron & Rosie Peterson**
- Josie Hovey**
- Steve & Sandy Miller**
- Sharyl Helgeson**
- Sue Woodhall**
- Darlene Bratberg**
- Harvest Bank**
- Delwin Mahn**
- Deb Friedrichs**
- Loren & Lois Engelby**
- Lori Hutchinson**
- Rocile Sokolosky**
- Floyd & Betty Kragenbring**
- Jim & Mavis Olson**
- Dr Kim Olson**
- Katie Olson**
- Dean & Beth Nelson**

Elaine Anderstrom

- Danny & Gloria Fostervold**
- Connie Halvorson**
- Bob & Julie Ehrlich**
- Atwater Ford/Pat & Sandy Walsh**

Diane Lane

**Gordy & Betty Behm**

Gerri Shotsie Strohbeen

- Connie Halvorson**
- Floyd & Betty Kragenbring**

Sharon Lake

- Floyd & Betty Kragenbring**
- Gordy & Betty Behm**

Bernice Slinden

**Bruce & Elaine Wothe**

*In Memory ~*

Walter & Lydia Mahn

**Delwin Mahn**

Gerald Dahl

**Rob & Betty Paulson**

**Donations ~**

- Gladys Carlson**
- Shirley & Joyce Dahl**
- Bruce Larson**
- Marv Otto Foundation**
- Janell Holien**
- Quello Investment**

**In Honor Of ~**

Matt Leichter/Ella Meyerson Wedding

- Steve & Sandy Miller**
- Matt & Ella Donation**
- Kern & Denise Kragenbring**



*Thursday's Coffee Corner / Wellness Center.  
Every Thursday 9-3  
Free coffee, treats and conversation.  
Stop in yourself or with friends.*

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**Atwater Area Help for Seniors  
126 North 4th Street PO Box 64  
Atwater, Minnesota 56209  
320-974-8737**

**Office Hours: 8:30 - 4:30 M-F**

**Deb Friedrichs - Program Director/Service Coordinator**

**Lori Hutchinson - Volunteer Coordinator**

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**Funded in part by:**



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