Voice of the ANGELS

August—September 2022

Operation Renovation

Imagine a gala Sunday brunch at the Minnesota National Golf Club, silent auction, games and great prizes — all while helping ANGELS raise funds for much-needed repairs and improvements to our building! We bought the structure in 2004 and over the years have remodeled the space, repaired water leaks, repainted and made other improvements as needed. Now we need to make additional repairs and you can help by joining us for a great meal and fun activities.

Operation Renovation begins at 10:30am on October 2. Brunch will include a ham carving station, scrambled eggs, bacon, biscuits with sausage gravy, cheesy potatoes, fresh fruit and a variety of juices. Tickets are $25 per person. Please call 218-768-2762 to register, then mail a check to ANGELS to reserve your seats.

At the auction, you can bid on a chainsaw carving, painting class, stained glass window, telescope, handmade quilt and so much more. We also welcome donations of items for the auction so let us know if you have a unique or popular item.

Monthly Foot Care Clinic

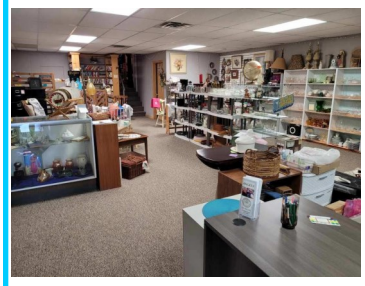
One of ANGELS most popular programs is our monthly Foot Care Clinic. Registered Nurse Barb Rian provides foot examinations and treatments for seniors.

Barb provides this service at ANGELS two days per month and is in high demand.

Because she works a regular job at Cuyuna Hospital in Crosby, her schedule often changes each month. Please call ANGELS in advance to get on Barb's schedule—there is often a waiting list to see her.

ANGELS Attic's Fresh Look

Come in and check out the ANGELS newly reorganized Attic. Thanks to some hard work from our volunteers, everything has been dusted and rearranged with wider aisles and easier-to-shop areas. Comments we have received include "very inviting", "more open", and "easier to walk through." Stop in and see for yourself!



Entry and Desk

Home Furnishings

Thank you, Earl!

Earl Donnell has been volunteering with the ANGELS since August of 2020.

He provides transportation for seniors, helps out with chore services and makes deliveries.

Earl recently helped install smoke detectors and fire extinguishers in homes of those needing them.

We are grateful for Earl and his willingness to help others. Now if only we could clone him!

Frozen Meals Program

AEOA frozen meal orders are due at noon on the Friday before delivery.

Pick up days are

August 10, 24

September 7, 21

How to Transfer from Wheelchair to Car

Access North Center for Independent Living of Northeastern Minnesota was our key speaker at the Volunteer Appreciation lunch. Jake Knaffla and Olivia Satterlee demonstrated how to safely transfer a person in and out of the car from a wheelchair.

These are the steps described in their handout. Remember to communicate what you are doing at each step so they can understand and be comfortable with the process:

- Set Up—Bring the wheelchair to the passenger side door where the individual will be seated. Open the door and allow space for transfer. Stabilize the device the individual is using.
- Stand and Pivot; Lift and Lower—Squat face to face with the individual, wrap your arms around them and clasp your hands behind them. Plant your foot that is the farthest from the car door between the individual's legs. Then lift and pivot the individual to the seat and lower the individual into the car ensuring they do not hit their head.
- Leg swing into the car—When the individual is seated safely, keep one hand supporting the individual's back. Put your other hand under the individual's knees and swing their legs into the car.
- Secure the passenger—Buckle the passenger's seatbelt and close the door.

ANGELS has folding steps and handles that fit in the car door frame to assist seniors in getting into and out of vehicles.

Aitkin County TRIAD — Beware of This Popular Scam

One-third of business-imposter fraud complaints involve scammers who say they are from Amazon, the biggest, best-known company in on-line sales. Older adults are four times more likely to lose money and get hit harder than younger adults in such scams. When Tuesday, July 12 and Wednesday, July 13 were advertised as "Amazon Prime Days," whereby Amazon Prime Customers could take advantage of huge deals, it was also a potential for scammers to take advantage of unwary citizens.

I personally have received text messages supposedly from Amazon stating that I have a charge of $1800 for a device that, of course, I did not purchase. They provide a link to either verify the charge or dispute it. Never click on a link whose source is unfamiliar to you.

Stay Safe: Ignore calls, text messages, and e-mails regarding suspicious account activity, such as an unauthorized purchase. If you think you may have a real account problem, contact Amazon Customer Support at 1-888-280-4331.

The next TRIAD meeting is August 16 at the Aitkin 40 Club. Free lunch will be followed by Shari Larson, Attorney, on Wills and Trusts. RSVP for lunch to Shirley Scollard at 218-426-3527.

Our Own Outstanding Senior

While our volunteers willingly give their time and talents to ANGELS and other organizations, it's always appreciated when they receive special recognition.

Kathy Beatty has been a volunteer, member of the Board of Directors, Board Co-Chair, and is now primary grant writer, newsletter editor, and client partner in Friendly Connections.

Her other volunteer roles include Treasurer and Membership Coordinator of the Big Sandy Lake Association, President of the McGregor Area Friends of the Library, and leader of the McGregor McReaders Book Club.

On June 7, she was recognized as Aitkin County's Outstanding Senior at the Aitkin County Fair. Her husband Dick is also an ANGELS volunteer who gives rides and helps with maintenance projects. Kathy says, "Volunteering is a very important part of our lives and we're extremely honored by this award."

Congratulations, Kathy, and thank you for all you do for ANGELS and our community.

COVID-19 Funeral Assistance Program

The Federal Emergency Management Agency (FEMA) will reimburse eligible spouses or family members if their loved one died from COVID-19 on or after January 20, 2020. To determine eligibility and apply call 1-844-684-6333.

Free Bags for Used or Outdated Medication Disposal

Pick one up at the ANGELS office as an alternative to taking medications to the Aitkin Sheriff's disposal unit. Instructions for mailing are included.

PLEASE NOTE: Events are subject to change or cancellation depending on COVID-19 status and protocols. Watch for updates or call about an upcoming event.

Special Events and Opportunities

Lunchtime Movie Matinees

August 11, 11am-1pm

September 8, 11am-1pm

Lunch will be provided

Glensheen Mansion Trip

Please call the office if you are interested in a bus trip to Glensheen Mansion in Duluth on October 6. Though they don't mention it on the tour, this home was the site of the famous 1977 Congdon murders.

Brainerd Area Walk to End Alzheimer's

Saturday, Sept 24, 2022
Forestview Middle School
12149 Knollwood Dr, Baxter
Registration 1:00 PM
Opening Ceremony 2:00 PM
Walk to Follow
Register today at www.alz.org/walk

Local Services and Hours of Operation

ANGELS Office - Mon-Fri, 9am-1pm, Joan McFarland or Office Staff 218-768-2762.
ANGELS Attic - Tues and Sat, 10am-2pm.
McGregor Area Clothing Closet (MACC) - Tues and Sat, 10am-2pm.
Food Shelf - Second and fourth Wed of each month, 9am-noon; 218-426-3330.
Grocery Delivery - Email **ukurasdelivery@frontier.com** or phone 218-768-2666.
McGregor Pharmacy Prescription Delivery - Phone 218-768-4165.
Minnesota Abuse and Neglect Call Line - Phone 1-844-880-1574 any time, any day.

August 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Loaves & Fishes Lunch Delivery	2	3 **Bingo @ Pioneer 2-4pm**	4 Loaves & Fishes Lunch Delivery	5 AEOA Meal Order due	6
7	8 No Lunch Delivery	9 *Education Meeting 1pm*	10 AEOA Meal pick up - Noon *Activity Mtg. 9:30* *Attic Meeting 10:30*	11 **Movie Luncheon 11am** No L&F Lunch Delivery	12	13
14	15 Loaves & Fishes Lunch Delivery	16	17 Community Meal 5pm **Bingo @ Pioneer 2-4pm** **Foot Clinic**	18 Loaves & Fishes Lunch Delivery *Board Meeting 11am*	19 AEOA Meal Order due	20
21	22 Loaves & Fishes Lunch Delivery	23	24 AEOA Meal pick up - Noon	25 Loaves & Fishes Lunch Delivery	26	27
28	29 Loaves & Fishes Lunch Delivery	30 Foot Clinic	31		**ANGELS** **Office Hours:** Monday - Friday **9am-1pm** **218-768-2762**	**Attic Store & MACC Hours:** **Tues. & Sat.** 10am - 2:00pm

September 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
ANGELS **Office Hours:** Monday - Friday **9am-1pm** **218-768-2762**	**Attic Store & MACC Hours:** **Tues. & Sat.** 10am - 2:00pm		**Fun at the Villa!** **1st & 3rd Wednesdays** **2-4pm Bingo/ Games/Coffee**	1	2 **AEOA Meal Orders Due**	3
4	5 Labor Day **No Meal Deliveries** ***Office Closed***	6	7 AEOA Meal Pick up Noon **Foot Clinic**	8 Movie Day 11am-1pm **Loaves & Fishes Lunch Delivery**	9	10
11	12 **Loaves & Fishes Lunch Delivery**	13 ***Education Mtg 1pm***	14 ***Activity Mtg - 9:30*** ***Attic Mtg - 10:30*** **Foot Clinic**	15 **Loaves & Fishes Lunch Delivery** *Board Meeting-11*	16 **AEOA Meal Orders Due**	17
18	19 **Loaves & Fishes Lunch Delivery**	20	21 **AEOA Meal** **Pick up Noon** **Community Meal 5pm**	22 **Loaves & Fishes Lunch Delivery**	23	24 **Downsize & Declutter Workshop 10-noon @ MCC**
25	26 **Loaves & Fishes Lunch Delivery**	27	28	29 **Loaves & Fishes Lunch Delivery**	30 **AEOA Meal Orders Due**	

Jackie's Sloppy Joes for a Crowd

5 lb ground beef
1 qt ketchup
2/3 c water
1/3 c white vinegar
¼ c brown sugar
2 Tbsp. yellow mustard
1½ tsp salt
¼ c dry onions

Brown ground beef in skillet. Drain well. Add remaining ingredients, stir well and simmer 30 minutes. Serve on your favorite bun. This recipe is even better after it sits overnight and it can be frozen.

ANGELS Contact Information

Phone: **218-768-2762**

Mail: **PO Box 35, McGregor MN 55760**

Location: **7 So. Maddy, McGregor MN**

Email: **McGregorANGELS@gmail.com**

Website: **angelsofmcgregor.com**

Find us on: facebook

at ANGELS McGregor

How to Downsize, Declutter and Organize

Saturday, September 24, 2022
10:00 – 12:00 PM
McGregor Community Center

Sponsor: ANGELS Education Committee
Call ANGELS 218-768-2762 to register

Frozen Meals Program

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ANGELS Services Word Search

As always, two-word answers often change direction. When complete, the unused letters will spell a phrase. Call the ANGELS office with the answer by September 1 to qualify for a prize. Congratulations to our latest winner, Cathy Hansen.

Words to Find

ATTIC
BAKE SALE
BINGO
CARE
CHORES
DELIVERY
FOOT CARE
PARTY
RIDE
SHOP
TRAINING
VISITS
COMMUNITY MEAL
EDUCATIONAL EVENTS
FRIENDLY CONNECTIONS
FROZEN MEALS
HAPPY BAG
HOT MEALS
NEWSLETTER
SNOW REMOVAL
SUPPORT GROUPS
TRANSPORTATION
YARDWORK

M	E	A	L	B	A	N	S	N	O	W	G	D	A
E	Y	T	I	N	U	M	M	O	C	R	R	E	T
S	T	N	E	V	E	L	L	I	A	E	E	L	T
N	G	N	I	N	I	A	R	T	R	M	T	I	I
O	M	E	A	L	S	N	S	A	E	O	T	V	C
I	T	S	U	P	P	O	R	T	G	V	E	E	S
T	O	S	T	I	S	I	V	R	R	A	L	R	K
C	H	O	R	E	S	T	E	O	O	L	S	Y	R
E	L	A	S	E	K	A	B	P	U	R	W	N	O
N	H	A	P	P	Y	C	E	S	P	V	E	M	W
N	E	S	A	O	B	U	R	N	S	Z	N	E	D
O	E	R	N	H	A	D	A	A	O	I	O	A	R
C	T	R	S	S	G	E	C	R	I	D	E	L	A
Y	L	D	N	E	I	R	F	T	O	O	F	S	Y