



Voice of the ANGELS

December 2021 — January 2022

Thank You, Community Meal Providers!

For many years, the monthly Community Meal program has been an event made possible by the support of local businesses and organizations and coordinated by Carole Holten. Hot meals are prepared and served the third Wednesday of each month at the McGregor Community Center. When the pandemic started, the ANGELS Board of Directors agreed to continue providing meals for takeout and delivery. Then in the fall of 2020 Cheryl Meld and the Kids Plus organization applied grant funding to add a second meal on the first Wednesday of the month. That funding has now expired so the schedule has returned to just one meal per month.

We want to express our sincere appreciation to each organization that made this popular program possible in 2021. They include:

January—Tamarack Sportsmen’s Club

February—Kids Plus

March—Amazing Grace Church

April—Grand Timber Bank

May—Grace Church Women

June—McGregor Fire Department

July—Riverwood Healthcare

August—ANGELS

September—McGregor Elementary School

October—Floe International

November—CareFree Living

December—McGregor Ace Hardware

We are always looking for other groups that would be interested in providing a meal. Once the pandemic declines, we will return to inside seating so that the event will again be an opportunity to enjoy a communal meal with friends and neighbors.

Please remember that freewill donations are always welcome whether meals are picked up, delivered or enjoyed inside. Proceeds help ANGELS to continue our many programs that enable our seniors to remain in their own homes.



Shirley Scollard, Joan Winfield and Cindy Bramwell prepared and packaged meals in the McGregor Community Center kitchen

ANGELS
volunteers at
work to serve
hot meals
to our
community



Sally Feucht and Gayleen Touhey bagged meals for pickup and delivery

Thanks, Retiring Board Members!

Thank
You!

The Board of Directors of ANGELS sincerely thanks these members whose six-year terms end December 31. They all started as volunteers and were invited to be Directors as they became familiar with the organization.

During his first two years on the board, Frank Merry served as Vice-Chair. When we changed the executive committee to have equal Co-Chairs, Frank served for two more years in that role. For the past two years he has been active as a driver, doing maintenance, and helping with projects — services he will continue as a volunteer.



Kathy Beatty was Co-Chair for three years and is our primary grant-writer and the editor and puzzle-maker for this newsletter. She agreed to continue providing these services as well as giving rides, delivering meals and participating in the Friendly Connections program.



Jackie Diley was our Secretary for three years and our Co-Chair this past year. She is also one of our most active volunteers. We know we can depend on her to continue to interact with clients on a regular basis, help with special events and put her excellent cooking skills to work.



While these three will be greatly missed, we have recruited some very capable, energetic new Directors to replace them. Watch for information on each of them in our next newsletter.



ANGELS Christmas Party

December 8, 11:00-1:00
McGregor Community Center

Featuring
Potluck Lunch
Bingo
Gift Exchange

Please call the office
to register

NOTE: Location Change

Help Us Help Others



Bell Ringers are needed
at Ukura's Big Dollar for
the Salvation Army's
Red Kettle Drive.

These are 2-hour indoor shifts
that run through December 18.

Please call Shirley Scollard at
218-426-3527 if you can help
us help others. Thank you!

Aitkin County TRIAD



Avoid Getting Scammed by Individuals Impersonating Government Officers

We probably have all heard of scammers impersonating Government Officers: IRS, Medicare, Social Security Administration, FBI. Protect yourself from these criminals by keeping these important points in mind:

- ◆ Federal government officials will not call you unsolicited and ask for personal information. They already have this information.
- ◆ Important communications from the federal government usually come via the U. S. Postal Service.
- ◆ No federal government agency will initiate a serious contact with you via social media, text, or e-mail.
- ◆ No government office will ask you for an upfront payment before sending you a benefit.
- ◆ The government won't suspend benefits from Social Security or Medicare because someone else misused your identification.
- ◆ Federal law enforcement won't bully you into revealing personal information such as your bank account number.
- ◆ Agencies do not take payments in prepaid gift cards or wire transfers.

As always, "When in doubt, check it out!" Our Mission is to keep seniors safe in their community and homes.

We are planning our programs for 2022 but they are not finalized. We are considering Jerry Thompson presenting on "Everything You Ever Wanted to Know about Funerals, but Were Afraid to Ask." Another possible program is "Rural Crime – Don't be a Victim," with Sheriff Dan Guida.

If you have any program ideas, please let Shirley Scollard know at 218-426-3527.

Remember Your Loved Ones



The holiday season is a perfect time to remember those loved ones who have passed and to honor those who are important in our lives. The McGregor Friends of the Library will be holding the annual **Lights of Love** event on December 9, 4-7pm at the library. Luminaries are on sale for \$5 and will be hand labeled with the names.

Forms for ordering luminaries are at the library, ANGELS office or through the Ultimate Social Club. All luminaries will be on display during the event and can be taken home. Santa will be on hand looking for children to help him decorate the tree. Refreshments will be served and everyone is welcome.



The ANGELS Activities Committee needs your help. We would like to offer events that you want to attend, so please give us your ideas.

How about a Game Day with cards, bingo, dominoes, checkers and board games? Should we restart monthly Movie Day? Would you enjoy a tea party, ice cream social or lap quilt-making? What sounds like fun?

Our Activity Center is well-ventilated and surfaces will be sanitized before any event for your protection. We can provide transportation for those who need it, so take a minute to think of how you would like to socialize, relax and laugh with friends.

Then let us know!

MLEC Denim Days Donation

Kathy Beatty and Joan McFarland were honored to accept \$725 for ANGELS from the Mille Lacs Energy Cooperative Denim Days program. Their employees may wear denim to work on Fridays if they donate to the fund. The employees suggest a recipient and ANGELS was selected in October. Thank you, MLEC employees for your generosity and for thinking of us.



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, and ANGELS Attic on Facebook.

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.

Thrifty White Pharmacy Prescription Delivery - Phone 218-768-4165.

Minnesota Abuse and Neglect Call Line - Phone 1-844-880-1574 any time, any day.



December 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
ANGELS Office Hours: Monday - Friday 9:00am-1:00pm 218-768-2762	Attic Store & MACC Hours: Tues. & Sat. 10am - 2:00pm		1 AEOA Meal Pick up Noon	2 Loaves & Fishes Lunch Delivery	3 Loaves & Fishes Lunch Delivery	4
5	6 Loaves & Fishes Lunch Delivery	7 Grief & Loss Support 10:30	8 Bingo Christmas Party 11-2 Pot Luck White Elephant Foot Clinic	9 Loaves & Fishes Lunch Delivery	10 AEOA Meal Orders Due	11
12	13 Loaves & Fishes Lunch Delivery	14 Grief & Loss Support 10:30 <i>Educ. Mtg. 1pm</i>	15 Community Meal 5-6pm AEOA Meal Pick up Noon Foot Clinic	16 Loaves & Fishes Lunch Delivery <i>Board Meeting 9:30</i>	17	18
19	20 Loaves & Fishes Lunch Delivery	21	22	23 AEOA Meal Orders Due No Loaves & Fishes Delivery	24 Christmas Eve Office Closed	25
26	27 Christmas Observed Office Closed No Deliveries	28	29 AEOA Meal Pick up Noon	30 No Loaves & Fishes Delivery	31 New Year's Day Observed Office Closed	



January 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					1 New Year New Beginnings!
2	3 Loaves & Fishes Lunch Delivery	4	5 Board Training 1-3pm Foot Clinic	6 Loaves & Fishes Lunch Delivery	7 AEOA Meal Orders Due	8
9	10 Loaves & Fishes Lunch Delivery	11 Education Committee 1pm	12 AEOA Meal Pick up Noon Activity Committee 9:30	13 Loaves & Fishes Lunch Delivery	14	15
16	17 Loaves & Fishes Lunch Delivery	18	19 Community Meal 5-6pm Foot Clinic	20 Loaves & Fishes Lunch Delivery Board Mtg 9:30	21 AEOA Meal Orders Due	22
23	24 Loaves & Fishes Lunch Delivery	25	26 AEOA Meal Pick up Noon	27 Loaves & Fishes Lunch Delivery	28	29
30	31 Loaves & Fishes Lunch Delivery			Cribbage @ McGregor VFW every Tuesday 1pm	Winters can leave you feeling lonely. ANGELS can arrange friendly visits. 218-768-2762	

Beef Stir Fry

12 oz linguine noodles ½ green pepper
 ¼ c Ponzu* or soy sauce ½ red pepper
 1 T brown sugar 6 mushrooms
 2 cloves garlic, minced 1 onion
 2 T butter 1 carrot
 12 oz beef steak 2 T flour
 Other vegetables as desired



Cook and drain linguine per package instructions. Slice beef into thin strips and coat with flour. Slice all vegetables into thin strips. Melt butter with Ponzu or soy sauce, brown sugar and garlic in a large frying pan or wok. Add beef and saute until brown. Add vegetables and saute until carrots soften. Slide meat and vegetables to one side of the pan. Add the linguine and saute until heated through and coated. Place linguine in bowls and cover with the beef and vegetables. Serves 4.

*Ponzu sauce is soy sauce seasoned with lime

Frozen Meals Program

AEOA frozen meal orders are due at noon on the Friday before delivery. Pick up days are December 6 and 20 January 3 and 17

Stay Warm this Winter



If you or someone you know is concerned about affording heat this winter,

find out about eligibility for the Energy Assistance Program. The program now covers water bills and furnace repairs and some guidelines for qualifying have changed.

Applications for the 2021-2022 season are being accepted. For information or to apply, go to <https://mn.gov/commerce/consumers/consumer-assistance/energy-assistance/> or call 800-657-3710.

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



at ANGELS McGregor

Silly-Sounding Word Match

Write the silly-sounding word in front of its meaning. When complete, the first letters of the answers will spell a sentence. Call by January 1 with the answer to qualify for a prize drawing.

Note: We had no winner in the last Word Search.

ANSWERS	MEANINGS	WORDS
_____	Person of few words	Abecedarian
_____	Do nothing important	Abibliophobia
_____	Someone learning the alphabet	Absquatulate
_____	Resident of Michigan's Upper Peninsula	Accubation
_____	Moving in the wrong direction	Barborygm
_____	Sign for division in math	Diphthong
_____	Bat	Erf
_____	Sound of two vowels joined such as ou	Everywhen
_____	Object with no value	Flibertigibbet
_____	Eat or drink while lying down	Gubbins
_____	Mucus hanging from one's nose	Hodgepodge
_____	Plot of land	Hullabulloo
_____	Politician who puts personal gain over principles	Impignorate
_____	Silly, irresponsible person	Lickspittle
_____	Armpit	Lollygag
_____	Complex procedure	Meldrop
_____	Rumbling in the stomach	Nidifugous
_____	Scoundrel	Obelus
_____	Fear of running out of books	Oxter
_____	Mortgage or pawn something	Pauciloquent
_____	Leaving the nest after hatching	Rampallion
_____	Mix of random things	Reremouse
_____	Always	Rigamarole
_____	Leave abruptly	Snollygoster
_____	Someone who reveres authority	Teazel
_____	Prickly herb	Widdershins
_____	Commotion	Yooper

Surviving the Holidays with Grief and Loss

Do what feels right

Only you can decide which activities, traditions or events you can handle.
Create realistic expectations for yourself and others.
Be gentle with yourself.

Accept your feelings

Everyone takes his or her own path in grief and mourning.
You may feel peaceful one moment and gut-wrenchingly sad the next.
Stay in tune with your own needs.
You'll know how to get through the holiday without judging yourself or others.

Get support

Talk with loved ones about your emotions.
Be honest about how you'd like to do things this year. It's okay to do something different.

Plan ahead

Sometimes the anticipation is worse than the actual holiday.
Plan comforting activities ahead of time so you have something to look forward to.
New activities without specific memories tied to lost loved ones might be easier.
Remember that familiar traditions might be comforting as well.

Give

Honor the loved one you've lost.
Make a donation in the deceased name to a charity or cause.
Give of your time and talents.

Acknowledge and honor those who have passed

Light candles.
Talk or write about the person.
Dedicate a prayer or religious service to the loved one's memory.
Plant a tree in memory of the deceased, in your own yard or in a forest.
Make a card or write a holiday letter with the person's picture.
Place the deceased's photo or a significant item among holiday decorations.

Do something different

Hold a virtual family gathering.
Change the holiday menu, or have a meal delivered from a grocery store or restaurant.

Skip it

Sometimes a holiday can be too much.
Plan a comforting alternative activity for yourself and let someone know what you will be doing.
Make sure someone checks in with you regularly, especially on the real holiday.

The bottom line:

Grieving is a very individual and personal journey. No one can tell you how to grieve or how long it will take. Take your time by doing what feels right for you. Seek support, live in the moment and honor your loved ones.
Life may never be the same, but you will get through this and joy will surprise you when it bubbles again.

**CALLING ALL VOLUNTEERS! FILL OUT AND RETURN THIS SURVEY
FOR A CHANCE TO WIN A \$25 UKURA'S GIFT CARD**

Name: _____

Phone: _____

Email: _____

We are updating our information. Please check everything you are interested in helping out with OR are already doing for ANGELS.

- Driving clients to appointments
- Delivering meals, medication, etc.
- Helping in the office (clerical, answer the phone, etc.)
- Helping at social and educational events
- Weekly phone calls to isolated seniors
- Yard work for clients
- Light chores for clients
- Snow removal for clients
- Light housekeeping for clients
- Friendly home visits with isolated seniors
- Willing to make calls to clients (calling tree)
- Welfare checks on isolated seniors
- Stuffing envelopes for newsletter or mailings
- Outdoor maintenance for clients
- Help with Community Meal
- Bake sale - baking or working at the sale
- Help in ANGELS Attic
- Minor home repair, winterizing or smoke detector installs for seniors
- Website, marketing and promotions
- Article writing, newsletter content
- Helping seniors with correspondence
- Professional volunteer (educational resource for ANGELS). What is your current or former profession? _____
- Client classroom instruction. What can you teach or help clients enjoy (art, crochet, baking, computer programs, how to use a smartphone, gardening, etc.)?

Are we reaching out to you in a consistent manner for volunteer opportunities?

Yes No Comments: _____

Drop off or mail this to ANGELS at PO Box 35, McGregor, MN 55760 by December 6, 2021 to be added to a drawing for a \$25 Ukura's gift card.