



Voice of the ANGELS

February—March 2022

Can You Be Located in an Emergency?

If you call 911, will the emergency responders be able to locate you quickly? If a volunteer has agreed to give you a ride or a delivery is due at your home, will the driver find your home easily? Aitkin County uses an E-911 sign program to assign address numbers and identify homes quickly. If you have a blue E-911 sign posted properly at the end of your driveway, you will be easier to locate and serve. The signs are easy to read, day or night.

50643

Because all of us at ANGELS want every client to have a sign for their personal safety and convenience, we requested and are pleased to have been awarded a grant from Mille Lacs Energy Cooperative to help us provide E-911 signs at no cost to our clients. Any registered client who does not have a sign is eligible for this service. ANGELS staff and volunteers will collect the information, order the signs, pay the \$30 fee per sign, pick them up when ready, and install them at the clients' homes.

To participate, call the ANGELS office by February 17 to request a sign and verify your address. Sign kits include the required hardware and post. We will notify you when we will be installing your sign. We encourage all qualified clients to take advantage of this offer.

Avoid Winter Weather Woes

Minnesota is a great state with beautiful lakes, but can be a very cold state during the winter. To be prepared for hazardous weather, it helps to know what weather reports are telling us.

- ◆ A weather **OUTLOOK** means that winter storms are possible in the next few days.
- ◆ A winter **ADVISORY** means we can expect conditions that could cause inconvenience and may be hazardous. You need to use caution if you go out.
- ◆ A winter weather **WATCH** means storm conditions are possible in the next 24-36 hours. If you have to travel you should stay informed and be prepared for dangerous conditions.
- ◆ During a winter storm **WARNING**, severe weather conditions will soon be starting. People in a warning area should take precautions immediately.



If you do have to go out during a winter storm:

- ◆ Dress in several layers of clothing with mittens and a hat that covers your ears.
- ◆ Keep snacks, water and a shovel in your vehicle.
- ◆ Have your cell phone charged.
- ◆ Keep plenty of fuel in the tank.
- ◆ Let a friend or relative know where you are going and when you expect to arrive.

And of course, always drive carefully! Don't be a victim of the hazards of winter.

ALL VOLUNTEERS: Please complete the enclosed survey if you have not yet done so.

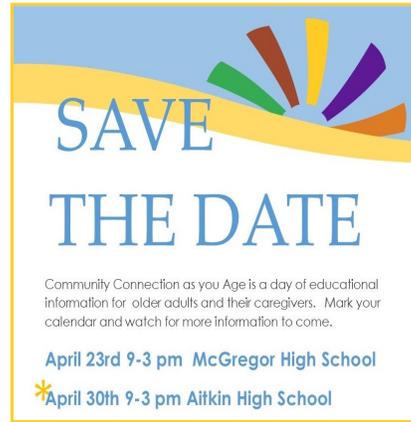


Thank you, Deb!

Thank you to our Office Administrator, Deb Hagen. She has been working for



the ANGELS off and on since 2015. She keeps busy answering the phone, coordinating rides, assisting with the meal programs, scheduling Foot Care appointments and supporting our Program Director. We are grateful for her kindness, sincerity and dedication to helping others. She also volunteers to deliver meals and mail to our local seniors. Thank you, Debbie, for all you do!



PLEASE NOTE:
All events are subject to change or cancellation depending on COVID-19 status and protocols. Watch for updates or call if you have a question about an upcoming event.

UPCOMING EDUCATIONAL OPPORTUNITIES

BASIC FIRST AID CLASS MARCH 3 10AM-12PM

FUNERAL PLANNING CLASS MAY 17

GRIEF AND LOSS SUPPORT SESSIONS

ANGELS is holding a Spring series of Grief and Loss Support Sessions, Tuesdays April 12- May 17, 10:30am-12:00pm at ANGELS. Join a small group sharing stories and learning to adjust to life after loss. We will use the Twelve Steps of HOPE book. Registration is not required — just come!



Aitkin County TRIAD — Beware of Scams During Tax Season

As we prepare to file our income tax returns, be aware of scam artists who step up their efforts to steal our money. Here are three tax season scams to avoid:

Identity Theft: This is when someone obtains personal information such as your Social Security number, address, birth date or bank account number for fraudulent purposes. Scammers posing as IRS agents may ask for personal or financial information or send phishing emails with links that infect your computer or smartphone with malware. Once they have your information, they open new credit accounts and make expensive purchases.

Tax ID Theft: This is very common during tax season. Someone who has obtained your personal information files a tax return in your name, usually as early as possible so the fake tax return gets to the IRS before the real one. By the time you file your real return, the scammer will have received a refund, and you won't know until the IRS informs you that your return has already been filed. Scammers obtain tax data by stealing your mail or tax returns, corrupt tax preparation services, phishing emails from impostors, etc. A friend experienced this scam and had to go through a lot of "Red Tape" to get it corrected.

IRS Impostor: Con artists posing as IRS agents call potential victims, claim they have an unpaid tax bill and threaten them with arrest unless they pay immediately. They often trick a caller ID to make it appear that the call is from an IRS office. The IRS communicates mostly by mail, even in cases of delinquent taxes. They will contact you by phone or in person only after multiple written notices.

These scams have been discussed before, but during tax season, they are worth repeating. Scammers know how to get past the system, so be smart and "outsmart" the scammer! When in doubt – Check it out! Call Shirley Scollard 218-426-3527 for more information.

St Patrick's Day Potluck Party

Wear green!

Put on your lucky Bingo hat!
Share a favorite (green?) food!

It's time to celebrate St Patrick's Day on Wednesday, March 16, 11am-2pm.

Watch for details on the location



ANGELS is holding a Bake Sale at Rustic Trails in

Palisade on Saturday, February 5, 10am-2pm. Call the office if you would like to bake or help in any way. Stop in Palisade for a treat!

Let's Get Together and Garden!



The empty lot behind the ANGELS building is an ideal location for both experienced and novice gardeners to take part in our new Community Garden project.

Ann Rorem is our Garden Committee Chair and will be organizing the activities from excavation and fencing through the design, building, planting, maintaining and harvesting phases. There are many opportunities to get involved such as being on the planning committee, helping build the beds, or learning about plants.

Whether you are interested in having a small part or a large part in the project, please call the office. We are very excited about the many ways this project can benefit our clients and serve the community.

Free Smoke Detectors for Our Clients

Winter is an especially dangerous time for home fires. ANGELS is offering free smoke detectors and fire extinguishers to our clients who need them.

The smoke detectors will be installed by our volunteers. The supply is limited so call the office to reserve yours.



Winter Fire Safety Tips

- ◆ Test smoke detectors monthly
- ◆ Be extra careful with candles
- ◆ Inspect fireplaces and wood stoves
- ◆ Use a sturdy fireplace screen or door
- ◆ Burn only wood in fireplaces
- ◆ Do not overload electrical outlets
- ◆ Have a fully-charged fire extinguisher
- ◆ Keep furniture, curtains, dish towels and other flammable items at least 3 feet from all heat sources.

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. **The Attic will be closed in February.**

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.



February 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	2	3 Loaves & Fishes Lunch Delivery	4 AEOA Meal Orders Due	5 Palisade Mid- Winter Fest.
6	7 Loaves & Fishes Lunch Delivery	8 Education Committee Mtg. 1pm	9 AEOA Meal Pick up Noon Activity Mtg 9:30 Foot Clinic	10 Loaves & Fishes Lunch Delivery	11	12
13	14 Valentine's Day Loaves & Fishes Lunch Delivery	15	16 Community Meal Pick up 5-6pm	17 Loaves & Fishes Lunch Delivery <i>Board Meets 10am</i>	18 AEOA Meal Orders Due	19
20	21 Loaves & Fishes Lunch Delivery	22	23 AEOA Meal Pick up Noon	24 Loaves & Fishes Lunch Delivery Foot Clinic	25	26
27	28 Loaves & Fishes Lunch Delivery			Cribbage @ McGregor VFW every Tuesday 1pm	Winters can leave you feeling lonely. ANGELS can arrange friendly visits. 218-768-2762	



March 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	2	3 First Aid 10am Loaves & Fishes Lunch Delivery	4 AEOA Meal Orders Due	5
6	7 Loaves & Fishes Lunch Delivery	8 Education Committee Mtg. 1pm	9 AEOA Meal Pick up Noon Activity Mtg 9:30	10 Loaves & Fishes Lunch Delivery	11	12
13	14 AARP Tax Help-ANGELS Loaves & Fishes Lunch Delivery	15	16 Community Meal Pick up 5-6pm	17 St. Paddy's Day Board Meeting 10am	18 AEOA Meal Orders Due	19
20	21 Loaves & Fishes Lunch Delivery	22	23 AEOA Meal Pick up Noon	24 Loaves & Fishes Lunch Delivery	25	26
27	28 AARP Tax Help-ANGELS Loaves & Fishes Lunch Delivery	29	30	31 Loaves & Fishes Lunch Delivery		Cribbage @ McGregor VFW every Tuesday 1pm

Slow Cooker Chicken Noodle Casserole

An easy way to use leftover chicken

- 2 cans cream of chicken soup
- 1/3 c chicken broth
- 2/3 c milk
- 10 oz frozen peas, thawed
- 1 c cooked chicken, chopped
- 10 oz egg noodles
- 1/2 c crushed potato chips



Cook the noodles.

Spray the sides and bottom of the slow cooker. In a large bowl, combine soup, broth, milk, peas and chicken; add the cooked noodles.

Pour into slow cooker and top with potato chips.

Cover and cook on Low 4-6 hours.

Variations: Use cream of celery soup, add chopped onions or celery, top with buttered crumbs.

Frozen Meals Program

AEOA frozen meal orders are due at noon on the Friday before delivery. Pick up days are February 9 and 23 March 9 and 23

ANGELS Fall Gala

Are you ready for an evening of food, music and friendship? ANGELS is in the early stages of planning an international-themed dinner to be held next fall at the

McGregor Community Center.

Each table will be decorated to represent a country and the meal will feature selections from a variety of nations.

Guests will be invited to bid on silent auction items with all proceeds supporting ANGELS programs.

Watch for details in future newsletters, on our Facebook site and on flyers posted in the area. Plan to gather some friends, fill a table and enjoy an evening to remember!



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

Congratulations Cathy Hansen, our latest winner.

ANSWERS	MEANINGS	WORDS
_____	Hardware to connect a device to a computer	Abear
_____	The hashtag sign #	Airy-fairy
_____	Spitting while talking	Aloof
_____	What someone says is a lie	Appoggiatura
_____	Not friendly	Dongle
_____	Totally reckless	Dottle
_____	Feel nauseous	Ear trumpet
_____	Endure	Egregious
_____	Tiny shoot from the root of a plant	Fubsy
_____	Mixing two languages	Hogwash
_____	Extremely impractical	Ill-willie
_____	An inexperienced person	Inkle
_____	Tobacco left in a pipe after smoking	Macaronic
_____	Loud sound of bagpipes	Nogging
_____	Embellishing melodic note of music	Noob
_____	Portly	Octothorpe
_____	Someone who talks too much	Ramshackle
_____	Giggle	Ratoon
_____	False information	Sialoquent
_____	Unfriendly disposition	Skirl
_____	Cash	Spondulicks
_____	Violent winds in polar latitudes	Taradiddle
_____	Colored braid woven through a loom	Titter
_____	Masonry to fill in around a frame	Trabecula
_____	Bundle of fibers in a body organ	Wamble
_____	Conspicuously bad	Williwaw
_____	About to fall apart	Yemeles

**CALLING ALL VOLUNTEERS! IF YOU HAVEN'T COMPLETED THIS FORM YET,
PLEASE DO SO. WE NEED TO KEEP OUR FILES UP TO DATE.**

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, medications, 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: _____

Please drop off or mail this form to ANGELS at PO Box 35, McGregor, MN 55760