



Voice of the ANGELS

February — March 2023

ANGELS Hosted Chamber of Commerce Sunset Social

The afternoon and early evening of January 18, 2023 saw ANGELS host their first Chamber of Commerce Sunset Social. This conveniently coincided with the ANGELS monthly Community Meal at the McGregor Community Center.



Guests at the reception enjoyed scrumptious appetizers prepared by Jackie Dilley, including chicken in phyllo dough with sweet and sour sauce, brie cheese smothered with caramelized onions, taco wheels with all the fixings, and other treats; beer, wine and non-alcoholic beverages were also served. The ANGELS Attic store and the McGregor Area Clothing Closet were open during the reception. A wonderful time was had by all!

Thank you, Joan!

A huge thank you to Joan McFarland who recently resigned her position as Program Director. She stated “I have really grown here [at ANGELS], have learned many new skills and have met the most amazing, inspiring and endearing people who have also given their hearts to this great “little” organization”.

Joan has been a familiar face in our office for the past eight years and will be missed. Our Board of Directors and Volunteers thank her for her dedication and hard work for this organization and wish her nothing but the best in the future.

Do You Know All the Services We Offer at ANGELS?

- | | |
|-----------------------|------------------------------|
| Transportation | Alzheimer’s Support Group |
| Counseling | Educational Events |
| Home Assessments | Social Events |
| Friendly Connections | Haircuts for Vets (November) |
| Foot Care Clinics | Bi-monthly Newsletter |
| Frozen Meal Delivery | Raised-Bed Accessible Garden |
| Hot Meal Delivery | Movie Day |
| Prescription Delivery | Volunteer Training |
| Community Meal | Shopping |
| Chores | Caregiver Support |
| Home Repairs | Care Coordination |
| Grief Support Group | Bingo at Pioneer Villa |

If you or someone you know would benefit from these services, please call the office for more information.



Thank you, Scott!

Please meet volunteer Scott Stinson, our Home Consultation Specialist. When a senior needs special attention, he schedules a home visit, sometimes with his wife Lou Ann, to discuss concerns they have and identify any services they may need. He also led our Alzheimer’s Support Group before the pandemic.

Scott is a very familiar face in the local community. In addition to volunteering for ANGELS, he helps children at the McGregor School and provides spiritual guidance at the Carefree Living facility.

We are blessed to have such a caring, dedicated volunteer.

Thank you, Scott!



New Artwork Adorns the ANGELS Office

Make sure you stop at the ANGELS office and check out the beautiful window artwork created by Ann Rorem, ANGELS Director and local artist.



Aitkin County TRIAD

A Message from Sheriff Dan Guida — Do Not be a Victim



They are relentless in their attempts, they are smooth in their approach, they make it sound like they are looking after your best interest, and they come after you from many different angles. So who exactly are we talking about? Scam Artists!

Despite the increased focus on the scams by law enforcement and the media, scam artists continue to try to scam you out of your hard earned money. Why? Because they are still successful. They would not continue if they were not. Let’s all work together to see that they have no success.

Scam artists come after you in a number of ways: mail, telephone, internet, and advertisement. They are smooth in how they grab your interest: Is it the claim that a long lost relative has passed away and left a considerable amount of money behind? Is it the claim that you have won a lottery in a foreign country? Or maybe they claim to be a relative or friend who is in trouble and needs you to send them money! The stories may change but the one common theme in these scenarios is that they want you to send them money or provide your bank account information. Despite the fact that they claim you are entitled to a large sum of cash from something that they represent, they want you to send them money.

The old adage “If it sounds too good to be true, it probably is,” has never been more true than it is today. We truly live in the information age where the world is at our fingertips because of the internet. It also puts us at the fingertips of the world. Scam artists operate in a world of anonymity, making solving those cases very difficult. Many times they are operating from foreign countries.

If you receive a solicitation that appears to be scam, please report it to the Minnesota Alcohol and Gambling Enforcement Division 1-866-347-0911, or Aitkin County Sheriff’s Office 1-888-900-2138 or 218-927-7400. For information about Aitkin County TRIAD, contact Shirley Scollard 218-426-3527.

Monthly Alzheimer's Support Group Meetings

Gayleen Touhey and Sarah Duwell, ANGELS board members, recently completed training with the Alzheimer's Association to host monthly Alzheimer's caregivers' support group meetings at the ANGELS office. ANGELS and the Alzheimer's Association will partner to provide confidential support group meetings and make extensive written and video information available to families struggling with this disease. We will also continue to provide information on various Alzheimer's related topics in future newsletters.

Information about meeting times will be in upcoming newsletters and advertised in area newspapers. To receive direct notification of these meetings, please call the ANGELS office and ask to be put on the Alzheimer's Support Group calling list.

Attendance at the support group meetings is limited to family members of Alzheimer's patients. All participants will be expected to maintain a strict code of confidence in order to give the families a safe and secure place to share and discuss the issues they face with Alzheimer's.

SPECIAL EVENTS AND OPPORTUNITIES

RESERVATIONS REQUIRED FOR **ALL EVENTS** UNLESS NOTED
REQUEST TRANSPORTATION IF NEEDED

NEED HELP? (NO RESERVATIONS)

LEARN ABOUT ASSISTIVE DEVICES
JANUARY 31, 1:30PM AT PIONEER VILLA

VALENTINE'S DAY PARTY

FEBRUARY 8, 11AM-2PM AT ANGELS (NOT POTLUCK)

ST PATRICK'S DAY PARTY

MARCH 15, 11AM-2PM AT ANGELS

FOOT CARE CLINICS

FEBRUARY 15 AND 22, MARCH 1 AND 22 AT ANGELS

JACQUES ART MUSEUM TOUR AND LUNCH

APRIL— DATE TO BE DETERMINED

VOLUNTEER APPRECIATION AND TRAINING

MAY 26, 11AM-2PM AT MCGREGOR COMMUNITY CENTER

AARP TAX HELP

MARCH 21 AND 29 AT ANGELS

CAREGIVER SUPPORT GROUP

DATES TO BE DETERMINED

Connecting to Enjoy the Holiday Season



Holiday Connections, an interactive, educational event, was held November 28th to help each other enjoy the holidays.

The 12 participants made their own Christmas cards and decorated cookies while sharing stories of their favorite holiday foods and memories of Christmas past. The best memory was about a squirrel and bat hiding in the Christmas tree that was brought into the house.



The ANGELS Attic was open for shopping and warm bowls of wild rice soup were served with Christmas tea or cider.

One participant commented that it was great to meet new people. Some suggested having a longer session — maybe next November. Watch the fall ANGELS newsletter for details.

Local Services and Hours of Operation

ANGELS Office - Mon-Fri, 9am-2pm, 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.



February 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 BINGO 2-4 	2	3	4
5	6	7	8 Valentines Party 11-2	9 Movie Day 11-1	10	11
12	13	14 Valentine's Day 	15 BINGO 2-4 Foot Clinic Community Meal	16	17	18
19	20 	21	22 Foot Clinic	23	24	25
26	27	28	BINGO at the Villa 1st & 3rd Wed 2-4pm		ANGELS Office Hours Mon-Fri 9am-2pm 218-768-2762	ATTIC Store & MACC Hours Tue & Sat 10am-2pm



March 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
ANGELS Office Hours Mon-Fri 9am-2pm 218-768-2762	ATTIC Store & MACC Hours Tue & Sat 10am-2pm		1 BINGO 2-4 Foot Clinic Women's History Month	2	3	4
5	6	7	8	9 Movie Day 11-1	10	11
12 Daylight Saving Time Start	13	14	15 BINGO 2-4 Community Meal St Patricks Day Party	16	17 St Patricks Day	18
19	20	21 AARP Tax Help	22 Foot Clinic	23	24	25
26	27	28	29 AARP Tax Help	30	31	BINGO at the Villa 1st & 3rd Wed 2-4pm

Sweet and Sour Chicken Bundles Recipe

1 cup chopped, cooked chicken
 2 Tbsp chopped green onion (plus some for garnish)
 1 Tbsp crushed pineapple, drained
 2 Tbsp honey
 1 Tbsp soy sauce
 2 tsp prepared mustard
 1 (8oz) can refrigerated crescent rolls
 1 egg, beaten
 2 tsp sesame seeds, toasted

Combine chicken, green onion and pineapple; mix well.
 Separately mix honey, soy sauce and mustard; blend well.
 Pour honey mixture over chicken and stir to coat.
 Separate dough into 4 rectangles. Firmly press the perforations to seal. Cut each rectangle into 2 equal squares.
 Spoon 1 Tbsp. chicken filling in center of each square.
 Pull up the four corners, twist ends and seal seams.
 Brush with egg and sprinkle with sesame seeds.
 Bake on ungreased baking sheet at 375 degrees 10 –15 minutes until golden brown.
 Garnish with more chopped green onions.
 Makes 8 servings.

Words to Find

COZY FIRE	BOOTS
CROSS COUNTRY SKI	COLD
FISH HOUSE PARADE	HATS
HOT TUB	HIKE
HIGH SCHOOL BASKETBALL	HOCKEY
NORTHERN LIGHTS	ICE FISH
SAVANNA STATE PARK	SKATE
SNOW ANGEL	SAUNA
SNOWBALL FIGHT	SLED
SNOWMOBILE	SNOW
SNOWSHOE	TRAIL
TOBOGGAN	TUBE

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

Frozen Meals Program

AEOA meal orders are due at noon Friday before delivery. Pick up days are:

February 8 and 22

March 8 and 22

Winter Fun Word Search

As always, multi-word answers may change direction.

When complete, the unused letters will spell a phrase. Call the ANGELS office with the answer by March 1 to qualify for a prize. Congratulations to our latest winner, Shirley Winegar

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

Employment Opportunities

ANGELS IS EXPANDING OUR SERVICES

ANGELS of McGregor, a local non-profit organization, is thriving. We need more help. We are seeking two part-time employees:

Receptionist: \$12/hr, 3 days per week, trained by existing staff.

Necessary skills: Organized, detail-oriented, team player who enjoys working with our community.

Director: \$15 to \$18/hr, 24 to 30 hours per week.

Necessary skills: Strong team player with excellent leadership skills who enjoys working with our community.

Primary responsibilities include:

- Planning, organizing and directing ANGELS operations and programs that benefit the seniors in our community
- Developing and implementing financial opportunities by assisting with grant-writing, fundraising and donations
- Overseeing and reporting on the organization's progress for the Board of Directors.

To apply: Send resume with a letter of interest to:

ANGELS of McGregor PO Box 35 McGregor MN 55760

Questions? Call Cheryl at (218) 380 -1795

Celiac disease

Celiac disease is an autoimmune condition that affects around 1% of the population. People with celiac disease suffer an autoimmune reaction when they consume wheat, rye or barley because they cannot break down a proline-rich protein found in them called gliadin. The resulting autoimmune reaction causes destruction of the villi in the small intestine, which results in malabsorption of nutrients.

There is clear evidence of a family tendency toward celiac disease. At least 5-10% of the first-level relatives of people with celiac disease may develop celiac disease.

From Celiac.com

The signs and symptoms of celiac disease can vary greatly and differ in children and adults. Digestive signs and symptoms for adults include:

- Diarrhea
- Fatigue
- Weight loss
- Bloating and gas
- Abdominal pain
- Nausea and vomiting
- Constipation

Half the adults with celiac disease have signs and symptoms unrelated to the digestive system, including:

- Anemia, usually from iron deficiency
- Loss of bone density (osteoporosis) or softening of bone (osteomalacia)
- Itchy, blistering skin rash (dermatitis herpetiformis)
- Mouth ulcers
- Headaches and fatigue
- Nervous system injury, including numbness and tingling in the feet and hands, possible problems with balance, and cognitive impairment
- Joint pain
- Reduced functioning of the spleen (hyposplenism)

Untreated, celiac disease can cause:

Malnutrition, Bone weakening, Infertility and miscarriage, Lactose intolerance, Cancer, Nervous system problems

Treatment

A strict, lifelong gluten-free diet is the only way to manage celiac disease. Besides wheat, foods that contain gluten include:

Barley, Bulgur, Durum, Farina, Graham flour, Malt, Rye, Semolina, Spelt (a form of wheat), Triticale

From Mayo Clinic