



Voice of the ANGELS

June—July 2022

Finding ANGELS in Jacobson

Marlys Northenscold is an active mother of six and grandmother of 12 (with two more due this fall) whose interests include bear hunting, gardening and cooking. However, a brain aneurysm rupture in March 2015 left her hospitalized for seven weeks followed by extensive physical therapy to relearn to talk, walk and perform basic life tasks. After moving to a home south of Jacobson in 2017, she connected with Disability Hub MN, a statewide resource network that helps people with disabilities.



In March 2020 as COVID became more and more restrictive, her caseworker suggested she contact ANGELS for assistance. They called the office and Kathy Beatty was asked to be her Friendly Connections partner.

Kathy first visited her home to complete the intake form to register Marlys as a client. During their discussion it didn't take long to discover that Kathy grew up in the same neighborhood as Marlys's aunt and uncle and had been friends with her cousin Terry. Since that day, Marlys and Kathy have been conversing regularly by text, phone and visit. Marlys knows she can always send a text if she has a question, a concern, or just to say, "Good Morning."

Marlys currently receives regular meal deliveries through our Community Meals program. Kathy helps her navigate through processes that are difficult such as reading and following a recipe. On several occasions they have cooked together at Marlys's home, making Crispy Pepper Shrimp, Beef Stir Fry, Blueberry Muffins and more.

Last June, ANGELS coordinated with Access North for construction of a ramp to provide safer access to her home, especially when unloading groceries. Marlys is interested in paying back for the services she receives and recently enjoyed folding clothes at the McGregor Area Clothing Closet.



In April of this year, Marlys invited the Jacobson Civic Club members to hold their monthly meeting at her home. At the meeting she mentioned ANGELS and their services. The members wanted more information, so Marlys invited Kathy to attend their May meeting. Kathy handed out ANGELS brochures and the most recent newsletter and spoke about our many programs and special projects. They all signed up to receive the ANGELS newsletter and are considering ways they might receive services, become ANGELS volunteers, or do both. So thank you, Marlys, for your enthusiasm and for helping us find "ANGELS in Jacobson".



Thank you, Barb!

ANGELS is delighted to thank our very



active volunteer Barb Jurek for her many services. Since 2016 Barb has driven seniors to more doctor visits and social events than we can count. She also makes friendly phone calls to visit with other seniors, assists with the Community Meal and other events, works at the Attic store and is a key member of our Activities Committee.

We truly appreciate "Busy Barb" and her willingness to help. It's tough to keep up with her though!

ANGELS Attic Store

ANGELS Attic Store is a customer-service store for all residents of the McGregor area. We accept donations of clean gently-used goods to subsidize our programs.

We accept:

- ◆ Antiques and collectibles
- ◆ Housewares and dishes
- ◆ Small appliances
- ◆ Jewelry
- ◆ Tablecloths and curtains
- ◆ Pictures and frames
- ◆ Area rugs
- ◆ Seasonal items
- ◆ Sporting goods and toys
- ◆ Yard and garden items

We cannot accept:

- ◆ Appliances
- ◆ Books
- ◆ Clothing
- ◆ Mattresses
- ◆ Phones
- ◆ TVs and other electronics

We are open Tuesday and Saturday 10am-2pm.



Aitkin County TRIAD — The Latest Credit Card Scam



This Scam Alert is from a TRIAD Group in another county. It's a slick VISA fraud that is occurring in the Midwest right now and moving across the country. These scammers provide you with all the correct information except the one piece they want. They do not need to ask for your credit card number as they already have it.

Here's how it works: You receive a call from a person who says he is from the Security and Fraud Department at VISA, gives you a badge number, and says, "Your card has been flagged for an unusual purchase pattern, and my call is to verify the purchase. Did you purchase an Anti - Telemarketing Device for \$497.99 from a marketing company based in Arizona?" (or something similar). When you say "No" the caller says, "We will be issuing a credit to your account. This is a company we have been watching, and the charges range from \$297 to \$497, just under the \$500 purchase pattern that flags most cards. Before your next statement, the credit will be sent to (gives you your address). Is that correct?"

The caller then says, "We will be starting a Fraud Investigation. If you have any questions, call the 1-800 number on the back of your card and ask for Security. You will need to refer to this Control Number." The caller then gives you a 6-digit number and says he needs to verify that you are in possession of your card and asks for the 3-digit security numbers on the back of the card.

The REAL VISA Security Department says this is a scam. Once you provide them with the 3-digit security code a new purchase of \$497.99 gets charged. What the scammer wants is that 3-digit code. Don't give it to them; say you will call VISA or Master Card directly for verification.

As always, when in doubt – check it out! Call Shirley Scollard at 218-426-3527 for information about TRIAD and upcoming meetings.

Domestic Violence Victim Support

Domestic violence is broadly defined as a pattern of behavior in any relationship that is used to gain or maintain power and control over another person. It is not limited to physical abuse! It includes economic or emotional abuse, coercion, threats, intimidation, minimizing, denying or blaming inappropriate behavior, using children and using privilege to maintain power and control over another person.

ANGELS and the Lions Club are taking donations to benefit victims through Healing Opportunity Provided Equally (HOPE) of Aitkin. HOPE works to end violence and provide safety through direct services, education and advocacy to all who are experiencing domestic violence.

Items needed include: Gift cards for grocery, gas and retail products; new, unopened packages of toilet paper, cleaning supplies, paper towels, laundry detergent, large bottles of shampoo and conditioner, personal care and feminine hygiene products. Your donations may be dropped off at ANGELS during regular office hours.

If you or someone you know is experiencing domestic violence, contact HOPE at 888-276-1720 or go to <https://www.aitkinhope.org/> for more information.



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

VOLUNTEER APPRECIATION JUNE 10 (PG 7)

DOMESTIC VIOLENCE DONATIONS (PG 3)

FREE FIRE EXTINGUISHERS (PG 3)

ANGELS BOARD POSITIONS (PGS 6 & 8)

Free Fire Extinguishers Available

Are your fire extinguishers outdated? Do you need an additional one? ANGELS has new fire extinguishers for clients, free of charge. They look and function like common spray cans. Simply point the nozzle toward the fire and push the button. This is very appealing since, in the event of a fire, we might feel fearful and frustrated at needing time to figure out how to use an older style fire extinguisher.

Fire extinguishers may be picked up at the ANGELS office during normal office hours. If you do not have transportation, call the ANGELS office to arrange for delivery to your home.

VETERANS

Do You Know Your Benefits?

If you are a Veteran, make sure you aren't missing any of the benefits you have earned. Various State and Federal benefits may include compensation, medical care, home loans, vocational rehabilitation and more. Contact the Veterans Linkage Line at 1-888-LinkVet (546-5838) for information.

E911 Signs Are Still Available

ANGELS has funding for a few more free E911 signs to be installed at the end of driveways. Help emergency responders and delivery vans easily locate your home. Please call the office with your name and address. We will place the order and install your sign.

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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 ukurasdeldelivery@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.

June 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 AEOA Meal P/U	2 Loaves & Fishes Lunch Delivery Foot Clinic	3 Writer's Club 2:30	4
5	6 Loaves & Fishes Lunch Delivery	7	8 Activity Meeting 9:30 Attic Committee 10:30	9 Loaves & Fishes Lunch Delivery	10 * ANGELS VOLUNTEER APPRECIATION AEOA Meal Orders Due	11
12	13 Loaves & Fishes Lunch Delivery	14 Education Mtg 1pm	15 Community Meal pick up 5-6 AEOA Meal P/U Foot Clinic	16 Loaves & Fishes Lunch Delivery Board Meeting 11am	17	18
19	20 Loaves & Fishes Lunch Delivery	21 Ice Cream Social 1-3pm @ ANGELS	22	23 Loaves & Fishes Lunch Delivery	24 AEOA Meal Orders Due	25
26	27 Loaves & Fishes Lunch Delivery	28	29 AEOA Meal P/U	30 Loaves & Fishes Lunch Delivery	* June 10- ANGELS Volunteer Appreciation at the McGregor Community Center. Call: 218-768-2762	



July 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
3	4 Office Closed Independence Day 	5	6 Bingo 2-4pm Foot Clinic 	7 Loaves & Fishes Lunch Delivery	8 AEOA Meal Orders Due	9
10	11 Loaves & Fishes Lunch Delivery	12 <i>Education Mtg 1pm</i>	13 AEOA Meal Pick up Noon <i>Activity Mtg - 9:30</i> <i>Attic Mtg - 10:30</i>	14 Loaves & Fishes Lunch Delivery	15	16
17	18 Loaves & Fishes Lunch Delivery	19	20 Bingo 2-4pm Community Meal 5-6pm	21 Loaves & Fishes Lunch Delivery <i>Board Mtg 11am</i>	22 AEOA Meal Orders Due	23
24	25 Loaves & Fishes Lunch Delivery	26	27 *Pot Luck Picnic 11-2pm AEOA Meals Foot Clinic 	28	29	30
31					* Pot Luck Picnic at Pine Rail Park 7/27 @ 11am-2pm. 218-768-2762	

Come Join Our Board!

ANGELS is a non-profit 501(c)(3) organization led by a Board of Directors. At this time we are accepting applications to fill two open positions.

Our mission is: Volunteers offering assistance to help seniors live safely in their homes. Our volunteers are instrumental to the mission and success of the ANGELS organization and the Directors define the programs and projects for our staff and volunteers.

See page 8 for details about the position and the responsibilities of an ANGELS Director.

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 frozen meal orders are due at noon on the Friday before delivery.
Pick up days are
June 1, 15, 29
July 13, 27

Words to Find

ACT	PAINT
DRAW	PHONE
EMAIL	POETRY
FACEBOOK	POST CARD
FACIAL EXPRESSION	POSTAL SERVICE
GAB	RADIO
GESTURE	SIGN LANGUAGE
GREETING CARD	SING
LETTER	SPEAK
MAGAZINE	TALK
MIME	TELEVISION
MOVE	TEXT
NEWSLETTER	TWEET
NEWSPAPER	VOTE
NOD	WRITE
NOTE	

Human Interaction 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 July 1 to qualify for a prize.

Congratulations to our latest winners, Pat Pickles for February-March and Priscilla Bogema for April-May.

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



THANK YOU FOR VOLUNTEERING

WE APPRECIATE EVERYTHING YOU DO TO MAKE OUR CLIENTS' LIVES EASIER – YOU REALLY DO MAKE A DIFFERENCE

Join Us for a Volunteer Appreciation Luncheon and Training Session

Volunteers are the key to ANGELS' success. If you are currently a volunteer or are interested in becoming one, mark your calendar for June 10th. This free appreciation luncheon and training session for ANGELS volunteers will be from 11:00 am until 2:00 pm at the McGregor Community Center.

The preliminary agenda includes:

- How to safely transport frail clients using assistive aids
- Basic first aid
- Volunteer positions and Descriptions
- Review 'Standards and Protocols for ANGELS Volunteer Program'
- Prize drawings

Please call ANGELS office to register for this special event. 218-768-2762



Applications for Positions on the ANGELS Board of Directors

ANGELS, a non-profit 501(c)(3) organization, is pleased to announce that we are accepting applications to fill two open positions on its Board of Directors.

Responsibilities of an ANGELS Director include:

- Communicate regularly with our Program Director and other Directors
- Participate in one or more of our various committees
- Review and approve our financial statements
- Establish and approve the annual budgets
- Support our programs and special projects
- Be an advocate for ANGELS in the community.

Directors are expected to attend meetings once a month held on the third Thursday, and actively participate in board activities during their 3-year term. Board members may serve up to 2 consecutive terms.

We welcome the diverse experience of volunteers, clients and others in the community to help govern ANGELS and bring their fresh perspective to our Board.

Interested parties should contact Joan at ANGELS at 218-768-2762 during regular office hours.