



Voice of the ANGELS

October — November 2022

ANGELS is Seeking New Angels

Are you interested in helping your elderly neighbors? Our volunteers provide:

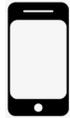
Transportation



Home Chores



Friendly Calls



Deliveries



Correspondence



and other tasks needed by our clients.

Do you prefer to be a planner or organizer? Our Committees and Teams provide:

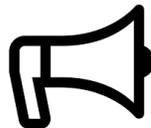
Educational Programs



Social Activities



Communications



NEW!
Gardening



Office Help



Each individual has special talents and interests. We have a wide variety of ways to put your special talents to use supporting our area seniors, helping them to remain safe and independent in their own homes. Retired? Still working? Year-round resident? Summer only? Lots of extra time? Not much time to spare? All have a place at ANGELS. Men to support other men is an especially important need right now. So whatever your own situation and interests, call the office at 218-768-2762 to visit with our staff and learn how you can become a true ANGEL right here in McGregor.

First Set of E-911 Signs Installed



Thanks to ANGELS volunteers Frank Merry and Dick Beatty for installing the first set of E-911 signs for area seniors.

A Mille Lacs Energy Cooperative (MLEC) Operation Roundup grant provided ANGELS with funds for this project. The household identification signs help emergency vehicles, volunteer drivers and deliveries to locate homes quickly.

Aitkin County has suspended the program for this season so all unfilled orders are on hold for now. If you need a sign at your property, you can still call to be added to our list.





Thank you, Shirley!

Shirley Scollard has been a very active ANGELS volunteer for 18+ years! She has provided many hours helping seniors get to their doctor appointments, socializing and phone visits and delivering meals. She has served on the Board of Directors, is our Liaison to TRIAD and serves the McGregor Clothing Closet.



She loves to read and write poetry and leads the Writer's Group at ANGELS on the first Friday of each month.

Thank you Shirley Scollard for your dedication to the McGregor Community!

Is It Time to Put "Community" Back into the Community Meal?

With vaccines and boosters helping control COVID-19, some want to return to indoor Community Meals. The October meal will still be curbside pickup only.

In November, ANGELS will serve a catered Thanksgiving dinner. The Friends of the McGregor Area Library will be honoring and remembering loved ones with Lights of Love luminaries. This meal will be inside dining only. Phone your reservations by noon Monday, November 14.



Based on interest, we will determine whether to provide curbside pickup, inside seating or both going forward. What's your preference?

Frozen Meals Program

AEOA meal orders are due at noon Friday before delivery. Pick up days are October 5, 19 November 2, 16, 30

Lights of Love Luminaries at November Community Meal

Order forms for luminaries In Memory or In Honor of our loved ones are now available at the McGregor Library and ANGELS, sponsored by the Friends of the McGregor Area Library. Cost is \$5 each to fund the library's many activities and programs.



Aitkin County TRIAD — Beware of Another Costly Scam



Another very popular scam is "Favor for a Friend Gift Cards." You receive an e-mail from a friend saying she is having a problem with her credit card and, annoyingly, can't buy a gift card she needs for a birthday present. Will you buy the card and email her with the numbers on the back? She'll pay you back. This is fraud and another way to steal your money.

Stay Safe: If you receive a message of this kind, call or text your friend to confirm the person is in fact your friend and really needs the favor. The top gift cards used in this scam are Walmart, Target and Google Play. Always double-check before sending someone money, credit card or gift card information.

Be a Smart Shopper – When in Doubt, Check it Out!

Aitkin County TRIAD meets the third Tuesday of the month in different locations within Aitkin County. If you have any questions or concerns, please contact Shirley Scollard, 218-426-3527.

Will You Win the Chainsaw Carving?

Artist Daniel Fischer of Palisade is a whiz with a chainsaw! This in-process sculpture of a small bear is one of the many creations he has completed in his more than 12-year career. He is donating a piece to ANGELS for the Silent Auction during their brunch fundraiser on October 2, 10:30am at Minnesota National Golf Club. Tickets to the event are still available by calling the ANGELS office.

Fischer feels good about giving back to ANGELS in gratitude for all the help ANGELS gave his mother over the years, especially toward the end of her life.

He's taking orders for carvings too.

Thank you, Daniel, for sharing your talent with us!



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

OCTOBER 13 11:00

NOVEMBER 10 11:00

GARAGE AND BAKE SALE

OCTOBER 15 9:00-3:00

AARP Senior Defensive Driving 4-Hour Refresher Course

Tuesday, October 25, Noon-4pm

McGregor Area Public Library

111 E Center Ave

Stay up-to-date and keep your auto insurance rates lower

Reservations 1-320-679-4700

\$24 fee

ANGELS Bus Trip to Glensheen Mansion

Thursday, Oct 6

Handicap accessible bus leaves ANGELS parking lot 8:30am and returns 3:00pm

Call office for details and reservations

Option for Newsletter Delivery

Are you the type of person who wants to eliminate mail?

If so, you can choose to view this newsletter under the NEWS tab at www.angelsofmcgregor.com

or on our Facebook page

ANGELSMcGregor. Call the office and request No Delivery for future issues to save paper and postage.



CUTS 4 VETS

Are you a veteran?

Bring your DD214 to ANGELS now through late November for a \$15 coupon for a haircut at any of these McGregor area salons: Carol's Corner, Lorri's and Northern Roots.

Thank you for your service!

Local Services and Hours of Operation

ANGELS Office - Mon-Fri, 9am-5pm, Joan McFarland or Office Staff 218-768-2762.

ANGELS Attic - Tues and Sat, 10am-2pm.

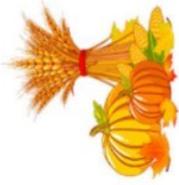
McGregor Area Clothing Closet (MACC) - Tues and Sat, 10am-2pm.

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.

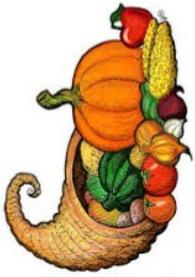
Minnesota Abuse and Neglect Call Line - Phone 1-844-880-1574 any time, any day.



October 2022

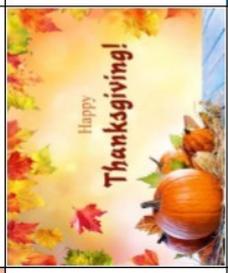


Sun	Mon	Tue	Wed	Thu	Fri	Sat
ANGELS Office Hours: Monday - Friday 9am-1pm 218-768-2762	Attic Store & MACC Hours: Tues. & Sat. 10am - 2:00pm		Fun at the Villa! 1st & 3rd Wednesdays 2-4pm Bingo/ Games/Coffee		Reserve your table at the ANGELS Garage Sale 10/15 218-768-2762	1
2 Brunch & GALA @ MN National \$25 Fundraiser	3 Loaves & Fishes Lunch Delivery	4	5  Foot Clinic 	6 Glensheen Mansion \$5 Field Trip Loaves & Fishes	7	8
9	10 Loaves & Fishes Lunch Delivery	11 <i>Education Mtg</i> 1pm	12 <i>Activity Mtg - 9:30</i>	13 Movie Matinee 11-1 Loaves & Fishes	14 AEOA Meal Orders Due	15 McGregor Com. Center \$10 Garage & Bake Sale 9am-3pm
16	17 Loaves & Fishes Lunch Delivery	18	19 AEOA Meal Pick up Noon Community Meal 5pm 	20 Loaves & Fishes Lunch Delivery <i>Board Meeting-II</i>	21	22
23	24 Loaves & Fishes Lunch Delivery	25	26	27 Loaves & Fishes Lunch Delivery	28 AEOA Meal Orders Due	29
30	31 Loaves & Fishes Lunch Delivery			ANGELS Activities Committee presents a Day Trip to the <i>Glensheen Mansion</i> . Handicap accessible bus. Oct. 6th, 8:30am departure. \$5.00 218-768-2762		



November 2022



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6	7 Loaves & Fishes Lunch Delivery	8 <i>Education Meeting</i> 1pm	9 "Happy Bag" Assembly <i>Activity Mtg. 9:30</i> <i>Attic Meeting 10:30</i>	10 <i>Movie</i> <i>Matinee 11am</i> Loaves & Fishes Lunch Delivery	11 AEOA Meal Order due	12
13	14 Loaves & Fishes Lunch Delivery	15	16  Community Meal Dine-in only 5pm with "Lights of Love"	17 Loaves & Fishes Lunch Delivery <i>Board Meeting</i> 11am	18	19
20	21 Loaves & Fishes Lunch Delivery	22	23 AEOA Meal Order due		25 Office Closed	26
27	28 Loaves & Fishes Lunch Delivery	29	30		 CUTS 4 VETS ALL MONTH!  CALL ANGELS 218-768-2762	

Roasted Fall Vegetables Recipe

2 c each of 4 or 5 vegetables (broccoli, carrots, squash, zucchini, potatoes, bell pepper, etc.)

1/4 c olive oil

1 tsp oregano

3/4 tsp basil

1 tsp black pepper

1/2 tsp salt

1/2 tsp garlic powder

Sprigs fresh rosemary



Heat oven to 400°.

Chop all vegetables into 1-inch pieces.

In large bowl, pour oil and spices over chopped vegetables, mix to coat.

Spread in a single layer on baking sheet.

Bake 35-40 minutes, turning once halfway, until browned.

Garnish with rosemary.

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

ANGELS Garage & Bake Sale!

After decluttering, make money from your unneeded stuff. Buy a table at the ANGELS Garage and Bake Sale, 9am-3pm, October 15, McGregor Community Center. Tables are \$10. Call to register.

Area Lakes 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 November 1 to qualify for a prize. Congratulations to our latest winner, Jean Tast.

Words to Find

AITKIN	OXBOW	BOAT	S	N	I	K	N	E	J	E	V	I	D	N	U	O	R
BASS	RABBIT	DIVE	U	G	S	W	R	G	N	I	M	E	L	F	Y	O	O
BIG SANDY	RAT	FUN	N	L	N	S	I	R	E	E	L	M	A	N	D	Y	C
CAMP	RICE	REEL	N	A	I	R	C	M	V	M	O	N	S	O	N	R	K
DAVIS	ROCK	ROD	O	C	K	E	E	N	I	L	N	W	O	T	A	E	R
ELM ISLAND	ROUND	SAND	I	I	L	D	E	S	F	N	G	L	C	A	S	V	A
FLEMING	SANDERS	SUN	T	E	I	N	L	O	Y	D	N	A	S	O	G	I	B
GLACIER	SANDY RIVER	SWIM	A	R	W	A	R	A	T	V	M	E	E	B	O	R	B
HORSESHOE	SECTION 25		V	U	N	S	F	U	N	P	R	L	W	M	D	Y	I
JENKINS	STARVATION		R	D	E	O	H	S	E	S	R	O	H	A	T	D	T
LONG	STEAMBOAT		A	A	O	X	B	O	W	S	W	K	V	E	W	N	A
MANDY	TOWNLIN		T	E	L	T	R	U	T	A	N	I	K	T	I	A	O
MINNEWAWA	TURTLE		S	E	C	T	I	O	N	B	S	E	M	S	N	S	B
MONSON	TWIN																
OXBOW	WILKINS																