



Voice of the ANGELS

August — September 2023

Rain Drops Keep Falling on Our Heads....

At least they used to! If you remember, this was an exceptionally wet year with heavy wet snow, rain and ice. The ANGELS building had ceiling tiles falling, tubs under them to collect dripping water and wet carpet. After many rounds of patching, we realized we couldn't put the repair off any longer, and thanks to the support of our community and friends we have been able to replace our roof.

Although we have taken care of the water on our heads, we are now getting ready to address the water at our feet. In order to stop the puddles that form in our storage area during the spring thaw and summer rain, we need to reseal the rear foundation, improve the back entrance, and create a better system for the roof runoff.

Thank you again for all your continued support as we provide volunteer services for the clients we value and the community we care about. Our clients, volunteers, visitors and staff appreciate having a safer, more comfortable building in which to meet and serve.



Thank You — You Helped Make It Happen!

ANGELS Director Peg Johnson and the Board of Directors wish to express their heartfelt appreciation to ALL of the folks that contributed to the fund for the new roof. In addition to the organizations listed below, we received many other donations from Friends of ANGELS, clients, volunteers, community members and Board Members. THANK YOU all so much. These donations help us to keep on Helping Others!

- ◆ McGregor Lions
- ◆ Floe International
- ◆ McGregor Fire Relief
- ◆ Minnewawa Sportsmen's Club
- ◆ Palisade Lions
- ◆ Tamarack Sno-Flyers
- ◆ Shamrock Township
- ◆ Township of Beaver
- ◆ Lake Country Power

Thank
You!

Thanks, Helen!

We would like to send out a special Thank You to Helen Pollreis! She was so kind in purchasing new Bingo cards and donating them for our Bingo games. Helen, you are very much appreciated!



Fun with Old Photos — from AARP July Bulletin

Work in short intervals when cleaning out old pictures to avoid feeling overwhelmed and wanting to leave them all for your kids. Toss out vacation scenery, poor quality photos and most negatives. Get rid of clothing you were wearing in photos from the 70s-90s. Tell family stories, warts and all. Yeah, two of my great-uncles were arrested a few times for bookmaking. Who cares?

And a Very Sincere Thank You to Ann Carlson!

Ann Carlson has been serving as our volunteer financial expert for almost 20 years – since ANGELS became an official organization! Her many responsibilities included all actions related to ANGELS finances: monthly income and expense reports, budget and annual reports, payroll data, Non-Profit Status information and so much more. Because of her attention to detail and adherence to all regulations, ANGELS has a financial system that easily passes all annual audits.



It is now time for her to be relieved of all the hours she has been logging so that she has more time for family, golf and other interests. We all wish her the very best. We will miss her smile and her dedication to the ANGELS organization.



Aitkin County TRIAD — ATM Skimmer Scam

When you drive up to an ATM machine or self-service gas station and use your credit or debit card, you expect everything to be OK; well, scammers are out there ready to steal your identity.

A “skimmer” is a device that is placed over the slot where you insert your card to get cash or to pay for gas and, in some cases, a hidden camera is pointed at the keyboard. Recent news articles showed scammers placing a skimmer over a self-checkout at a Walmart in New York and said several Walmart stores have been targeted.

When you are paying at a gas station or other point-of-sale location, inspect the device for loose, broken or scratched machinery to make sure no one has tampered with it.

Skimmers stick out a little farther than the normal slot and are usually easy to pull off because thieves do not take the time to install them tightly. When you put your card through the skimmer, they collect your personal information, including your Personal Identification Number (PIN). Before using the machine, gently pull on the slot to see if you can remove it. If it comes off, notify an attendant.

If you notice what might be a camera, cover the keypad while entering your PIN. This is also a very good practice when using an ATM in a line of people.

Always check your bank statement against your transactions. If there seem to be any suspicious cash withdrawals inform your bank immediately. Similarly, always review your credit card statement for any suspicious transactions.

Aitkin County TRIAD strives to keep you informed and aware of the scams that are out there. Scammers are smart! Don't become a victim; protect your identity!

For more information about TRIAD or their meetings, contact Shirley Scollard 218-426-3527



Example Skimmer

Don't Use Age as an Excuse

Submitted by Kathy Beatty

When our daughter Karen was 10, she spent a week at Space Camp in Huntsville AL. I was very envious as I knew I would have enjoyed it. So when she said, "Mom, they have Space Camp for adults now!" I replied, "Let's go!" I was not going to let being 77 hold me back.

We spent a weekend in July at the camp, learning and practicing activities the astronauts do. Our team ranged in age from 19 to 82. We rode the Multi-Axis Trainer; walked with 1/6 Moon Gravity; simulated a Mission on Mars and another to land the Space Shuttle; designed and built a heat shield that protected an egg from heating for 3 minutes with a blow torch; had breakfast with an engineer who worked for Werner von Braun on the Saturn V rocket; built and launched our own rockets, and earned our wings! It was an amazing event and I just might do it again for my 80th birthday in a few years.



ANGELS is continually adding clients and services to better serve the community. So we have many opportunities for individuals to volunteer whether it be a few hours a month, a couple of hours a week, or on a regular basis. We provide initial training to ensure that our volunteers are comfortable with their services and know the rules that govern assisting seniors.

Please give us a call if you could spare some time to give a ride, deliver a meal, call a client once a week to chat, stuff envelopes, answer the phone, assist in the Attic Store, help at social events, or so many other activities. Our clients will appreciate you!

Local Services and Hours of Operation

ANGELS Office - Mon-Fri, 9am-4pm, Office Staff 218-768-2762.

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

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

Food Shelf - 2nd & 4th Wed, 9am-12; 218-426-3330.

Grocery Delivery - ukurasdelivery@frontier.com or 218-768-2666.

Riverwood Pharmacy Prescription Delivery - 218-768-4165.



Multi-Axis Trainer



Moon Gravity



Mars Mission

Protect Yourself from Home Fires

ANGELS has smoke detectors and fire extinguishers available free to area seniors. If you need either or both, call the office and let us know if you would like us to install the smoke detector too.



SPECIAL EVENTS AND OPPORTUNITIES

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

**FOOT CARE CLINICS
AT ANGELS**

**CHAIR EXERCISE WITH MARTY
AT ANGELS TUESDAYS 12PM-1PM**

**MOVIE DAY
AT PIONEER VILLA AUGUST 10, SEPT 14 11AM-1PM**

**MEMORY LOSS CAREGIVER SUPPORT
GROUP
AT ANGELS 4TH MONDAY 11AM-12PM**

**DECLUTTER CLASS
AT ANGELS SEPTEMBER 23 10AM-12PM**






**GARAGE AND BAKE SALE
AT MCGREGOR COMMUNITY CENTER OCTOBER 7**

**HOLIDAY CONNECTION
AT ANGELS NOV 27**



August 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
ANGELS Office Hours: Monday-Friday 9am-4pm 218-768-276		1 Chair Exercise w Marty Ryan 12 pm	2 Am Legion Mtg 11 Bingo-Pioneer 2-4 Foot Clinic 	3 Loaves & Fishes Lunch Delivery	4 AEOA Meal Orders Due Writers Club 2	5
6	7 Loaves & Fishes Lunch Delivery Bridge Club 12-2	8 Chair Exercise w Marty Ryan 12 pm Education Mtg 1pm	9 Activity Mtg 9:30 Attic Mtg 10:30 AEOA Meal pickup noon Foot Clinic 	10 Loaves & Fishes Lunch Delivery Movie Day 11-1 Pioneer V	11 Writers Club 2	12
13	14 Loaves & Fishes Lunch Delivery	15 Chair Exercise w Marty Ryan 12 pm Foot Clinic 	16 Bingo-Pioneer 2-4 Comm. Meal 5-6 Foot Clinic 	17 Loaves & Fishes Lunch Delivery Board Mtg 10	18 AEOA Meal Orders Due	19
20	21 Loaves & Fishes Lunch Delivery Bridge Club 12-2	22 Chair Exercise w Marty Ryan 12 pm	23 AEOA Meal pickup noon	24 Loaves & Fishes Lunch Delivery	25	26
27	28 Caregiver Support 11-12 Loaves & Fishes Lunch Delivery	29 Chair Exercise w Marty Ryan 12 pm	30 	31 Loaves & Fishes Lunch Delivery		Attic Store & MACC Hours: Tues & Sat. 10am-2pm



September 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	ANGELS Office Hours: Monday-Friday 9am-4pm 818-768-276	Attic Store & MACC Hours: Tues & Sat. 10am-2pm			1 AEOA Meal Orders Due Writers Club 2	2
3	4 LABOR Day ANGELS Closed No Lunch Delivery	5 Chair Exercise w Marty Ryan 12 pm	6 AEOA Meal pickup noon Bingo-Pioneer V 2-4 Foot Clinic	7 Loaves & Fishes Lunch Delivery Foot Clinic	8 Writers Club 2	9
10	11 Loaves & Fishes Lunch Delivery Bridge Club 12-2	12 Chair Exercise w Marty Ryan 12 pm Education Mtg 1pm	13 Activity Mtg 9:30 Attic Mtg 10:30 Foot Clinic	14 Loaves & Fishes Lunch Delivery Movie Day 11-1 Pioneer V	15 AEOA Meal Orders Due	16
17	18 Loaves & Fishes Lunch Delivery Bridge Club 12-2	19 Chair Exercise w Marty Ryan 12 pm	20 AEOA Meal pickup noon Bingo-Pioneer V 2-4 Comm. Meal 5-6	21 Loaves & Fishes Lunch Delivery Board Mtg 10	22	23 Declutter Class 10-12
24	25 Caregiver Support 11-12 Loaves & Fishes Lunch Delivery	26 Chair Exercise w Marty Ryan 12 pm	27 Foot Clinic	28 Loaves & Fishes Lunch Delivery	29 AEOA Meal Orders Due	30

Grandma's Strawberry Rhubarb Crisp Recipe

Filling

- 2 lb rhubarb stalks, sliced ½" thick
- 1¼c sugar, divided
- 1 lb strawberries, hulled & quartered
- 3 Tb cornstarch
- 2 tsp fresh lemon juice
- 1 tsp pure vanilla extract

Topping

- 1½c butter, softened
- 1½c light brown sugar
- 1½ c all-purpose flour
- 1 c quick-cooking rolled oats
- 3 Tb oil
- 1 tsp cinnamon
- ¾ tsp kosher salt



Preheat the oven to 375°F. In a bowl, toss the rhubarb with ¾ cup of the sugar and let stand for 15 minutes, stirring occasionally. In another bowl, toss the strawberries with the remaining ½ cup sugar and let stand for 10 minutes, stirring occasionally. Using a slotted spoon, transfer the rhubarb to the strawberries; discard any rhubarb juice. Add cornstarch, lemon juice, and vanilla to the fruit and stir well. Transfer to a 9x13" glass baking dish. Combine all the topping ingredients in a medium bowl. Using a pastry blender or your fingers, mix until large crumbs form. Sprinkle evenly over the filling and bake for 30 minutes. Reduce the oven to 325°F and continue baking about 30 minutes longer, until the fruit is bubbling and the topping nicely browned.

ANGELS Contact Information

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Location: 7 So. Maddy, McGregor MN

Email: McGregorANGELS@gmail.com

Website: angelsofmcgregor.com



Find us on:
facebook

at ANGELS McGregor

Frozen Meals Program

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

August 9 & 23

September 6 & 20

Exercise with Marty

Marty Ryan will continue to lead chair exercise classes every Tuesday at noon in the ANGELS Activity Center. Regular exercise is very important for your health, so take advantage of this option for movement geared to your capabilities

Words to Find

- | | |
|----------------------|---------------|
| BOUNCE HOUSE | AUTOS |
| BUTTONS | BOOTHS |
| CHURCH LUNCH | FLAG |
| CORN FEED | GAMES |
| COTTON CANDY | MUSIC |
| FACE PAINT | PARADE |
| FIRE TRUCKS | PRIZES |
| GRAND MARSHAL | RACES |
| LABOR DAY | RIDES |
| LEMONADE | SHOP |
| MARCHING | TOYS |
| POLITICIANS | WARM |
| VENDORS | TOWN |
| WINNERS | |

Wild Rice Days Word Search

As always, multi-word answers may change direction. When complete, unused letters spell a phrase. Call ANGELS with the answer by September 1 to qualify for a prize. Congratulations to our latest winner, [Name]

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

Book Review: *Ageism Unmasked* by Tracey Gendron, PhD
Submitted by Sarah Duwell

I have clear memories of the first time I saw this happen to my mother, and the memory makes my blood boil to this day. She asked me to go with her to her doctor's appointment, and I gladly took her, looking forward to a day with my mom, shopping and having lunch after her appointment.

We got into the doctor's office, and the nurse taking the initial information turned to me and asked, "And why is your mother here today?" My mom stood, passively waiting, as I explained.

"And what are her recent symptoms?" she continued. I started to explain, then turned to my mom and asked, "Mom, can you tell her about all your symptoms?"

When the doctor came into the room, it was even worse. He didn't even look at her. "What brings your mom in today?" he asked.

Steaming, I snapped, "Why don't you ask her? She's right here."

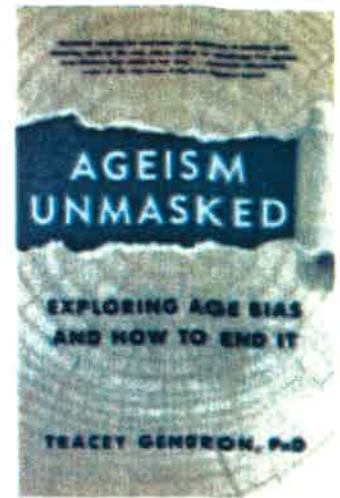
He shot me a glance, then turned to my mom. Speaking at a snail's pace, and nearly shouting, he looked at her and said, "Joan, honey, what brings you into my office today?"

On our way out of the doctor's office, a nurse smiled at me and said, "Your mom is such a dear...." When I ranted to my mom about how she was treated, she sighed. "It happens a lot when you get older," she said.

And so I was introduced to the world of ageism. My mom was not frail, slow-witted, or hard of hearing. In retirement, she took college lit courses for fun, had learned how to scuba dive, had taken up watercolor painting, and had enjoyed spur-of-the-moment vacations to Yosemite Park hiking, to the Virgin Islands scuba diving, and to Portugal for a watercolor clinic with an artist she admired. She was a vital, thriving, constantly learning and growing individual who would continue on that trajectory into her 90s.

So, when I was at the Aitkin Public Library this week, and saw the title, *Ageism Unmasked*, by Tracey Gendron, PhD, I snatched it up. And what a learning experience it has been! Gendron is a gerontologist – gerontology is the scientific study of aging from biological, psychological, social, and spiritual perspectives within a holistic framework that focuses on the individual within the context of their environment. Gerontologists take a person-centered approach that prioritizes individuals' needs, preferences, and values to personalize and guide all aspects of aging and longevity. Gerontology is very different from geriatrics, a branch of medicine that focuses on older people's physical health and care. The difference is that gerontology is person-focused, while geriatrics is problem-focused – and the "problem" is aging.

(Continued on next page)



Book Review: *Ageism Unmasked* by Tracey Gendron, PhD, Continued

Gendron's eye-opening book begins, "Everything you know about aging is wrong. It's not your fault. Everything you have been taught about aging is wrong. From a young age, our developing brains are flooded with images, songs, and stories that stoke fears of being old...." Gendron cites example after example of ageism: older characters in bedtime stories being ugly, scary, silly or feeble; marketing of anti-aging cosmetics and products targeted at a population in early adulthood; denial of leadership roles in the workplace, because "old people aren't good with technology"... and the list goes on. Ageism is embedded in our common language. We refer to "senior citizens" – if that seems ok, think about calling young adults "junior citizens" and imagine how well that would be taken.

Ageism Unmasked is a fascinating read. Sometimes, it gets a little dry and scientific (footnotes citing scientific studies abound), but it's well worth reading for both elders in our community and the people who care about them. It is available at the McGregor Area Library through the East Central Regional Library system.

How Can I Be Better Caregiver?

There is no job description or rule book to follow, so where do you start?

Memories bring joy to life again so why not start there? Tell stories, get out the pictures and enjoy discussing Who is it? What are they doing? Where was it taken?

Enjoy the outdoors before the heavy "stay inside" predictions come from the news or weather forecast. Watch the birds, butterflies and flowers. Flowers and gardens all need attention, water, and food, and you can even talk to them. This is meaningful and caring for them gives you purpose.

Some plants have special gifts:

- ◆ Peace lilies purify the air
- ◆ Rosemary has a pleasant aroma that may trigger memories
- ◆ Lavender used in your bedroom may help you relax and sleep

Spider plants are hardy and can improve the air in you home — ANGELS will have some spider plants available, so stop in the office during our expanded hours of Monday through Friday 9am to 4pm.



Here's a happy tip — research shows that dancing for as little as one minute sends your level of endorphins soaring, so put on some music and get movin' — even in a wheelchair!

Being a caregiver can be tiring and confusing, but take time to enjoy yourself and don't be afraid to ask ANGELS for help at 218-768-2762.