Voice of the ANGELS

October — November 2023

The Lighthouse Center for Vital Living (LCVL) provides a wide variety of aids that can help older adults and people with disabilities to live life to the fullest. These aids can be as simple as a foam grip that makes it easier for an individual to hold a pen, or as sophisticated as screen-reading software that allows a person who is visually impaired to use a computer. The intent is to help people who are challenged by disability or aging to be able to play, learn, work and live safely and more independently.

Some other examples include:

- Speech-generating devices
- Handheld and electronic magnifiers
- Bath chairs and benches
- Door alarms
- Telehealth software
- Grab bars, lift supports and transfer belts
- Devices to monitor and report falls
- Medication organizers and reminders
- Smart Home technologies that operate lights, window shades, music, TV, and other devices
- Tactile or high contrast markings around the home.
- Specialized "tremor-neutralizing" eating utensils.

In addition, Adaptive Technology provides special versions of existing technology specifically designed to allow people with disabilities to have access to that technology. Examples include:

- Computer screen reading or speech recognition software for those with visual or physical disabilities
- Amplified telephone systems
- Large print and audio books that improve access to the written word.

The professionals at LCVL are available to:

- Explain devices and their uses
- Provide options for buying or renting equipment
- Describe the training and installation assistance available
- Answer questions from potential users, their family members and caregivers.

Please call ANGELS at 218-768-2762 for additional information about these services or contact LCVL at **218-624-4828** or **https://www.lcfvl.org/.** Learn how to make your own life or the life of a loved one safer and easier.

McGregor Area Community Meal

3rd Wednesday of each Month at the McGregor Community Center

The community meal is just as it sounds--for the community, families, and friends of all ages. It is a place to meet, socialize and enjoy a delicious, relaxing meal. The homestyle dinners are hosted by different businesses, clubs and church organizations throughout the McGregor area. The dinner is a freewill offering and all donations support the ANGELS. Residents in our area are helped through ANGELS programs with rides, activities, lawn and snow care, and many other types of assistance. Please bring your friends and share a meal with others in the community.

Thanks, Sarah!

A few months ago one of our Directors resigned from the board...then she applied for the admin position! Sarah Duwell jumped right in, learned the job, took on all the responsibilities, became very adept at grant writing and has become a great asset to ANGELS.

I am grateful for her education, background and experience. Not only does she handle the front office details, she still volunteers and helps clients after work. I feel that I can speak for all — Staff, Volunteers, Clients and Directors. Sarah is definitely an "ANGEL". Peg Rosvold Johnson

Training for New and Potential Volunteers

We are pleased to invite all new volunteers and anyone interested in learning about the many volunteer opportunities at ANGELS to a special session. The training and informational session will be at ANGELS on Thursday, October 12, 10am-12pm.

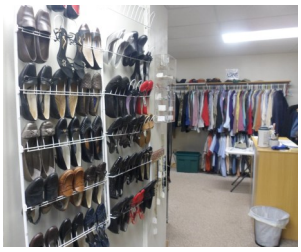
Topics include:

- Transportation and assistive aids
- Volunteer timesheets and confidentiality
- Mileage reimbursement program
- Available volunteer opportunities.

Potential volunteers are encouraged to attend — no obligation, but we can always use new people!

Open House at the ANGELS Attic and MACC

The McGregor Area Clothing Closet (MACC) and ANGELS Attic store invite everyone to an Open House on Saturday, October 7, 10am-2pm. Shop for Fall and other special items while enjoying coffee, hot cider and Jackie's famous bakery treats!



The Attic has new, expanded hours of operation, now open Monday through Saturday 10am-2pm. Both the MACC and Attic have replaced old shelving and have fresh new looks. Come in and check them out!

Aitkin County TRIAD — Hotel Scam

This is a very clever scam shared by another TRIAD Group. Here's how it works:
You arrive at your hotel and check in at the front desk. You give the front desk your credit card to cover any charges to your room. You go to your room and settle in. All is good.

The hotel receives a call and the caller asks for a specific room number which happens to be yours. The room phone rings and you answer it. The person on the other end says, "This is the front desk. We came across a problem with your charge card information. Please re-read to me your credit card number and verify the 3-digit code on the back of the card." Not thinking anything is wrong, since the call seems to come from the front desk, you oblige. Actually it is someone calling from outside the hotel and now they have your credit card information.

If you ever encounter this scenario on your travels, tell the caller that you will be down to the front desk to clear up any problems. Then go to the front desk or call directly and ask if there was a problem. If there was none, inform the hotel manager that someone tried to scam you of your credit card information by impersonating a front desk employee.

Travelers, be aware! These scammers are so clever; always be alert for new ones out there. Never give out personal information over the phone unless you initiated the call!

As always, Aitkin County TRIAD strives to keep our seniors safe in their communities. If you are aware of any scams happening in our community notify the sheriff's office at 218-927-7417. We want to be informed so we can keep you informed. For more information about TRIAD or their meetings, please contact Shirley Scollard at 218-426-3527.

Holiday Connections is Monday, November 27

The holiday season can be stressful for many. There is an expectation to find the "perfect gift" for loved ones, and many find themselves overspending. And how do you handle the absence of a loved one? One way to cope is to accept your feelings and open up about them to others. Changing your holiday traditions may also help to ease the sadness and stress.

Don't forget about your own needs at this time. Take some time for reflection on what the season truly means. It will also help to socialize with others and share holiday experiences. Laughter really can be the best medicine.

Join us at ANGELS in a relaxed and fun atmosphere. We will be decorating cookies while you share your favorite stories about holiday foods and traditions. We will again bring out the craft supplies so you can make your own holiday cards with markers, stamps, glue, stickers — you get the idea.

The ANGELS Attic store will be open for shopping. Homemade soup, holiday tea and cider will be provided. Calls ANGELS at 218-768-2762 to register and let us know if you need a ride.

Monday, November 27, 2023 11:00-1:00 p.m.

Local Services and Hours of Operation

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

Special Events and Opportunities

Reservations required unless noted; Request transportation if needed

Foot Care Clinics
at ANGELS Oct 18, 19, 25 (24 if needed), Nov 8, 9, 28 (22 if need), Dec 6, 13, 21 (5 if need)

Chair Exercise with Marty*
at ANGELS Tuesdays in October 12pm-1pm

Movie Day*
At Pioneer Villa Oct 12, Nov 9 11am-1pm

BINGO*
At Pioneer Villa Oct 18, Nov 15 2pm-4pm

Community Meal*
at McGregor Community Center Oct 18, Nov 15 5:30pm

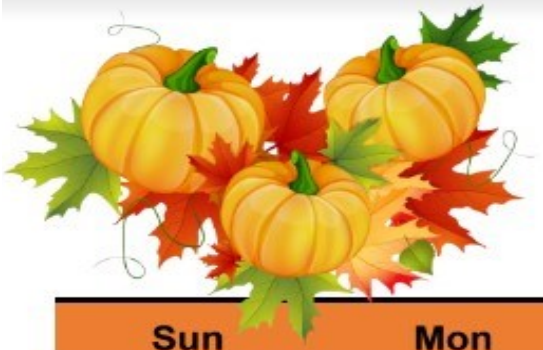
Memory Loss Caregiver Support Group
at ANGELS 4th Monday 11am-12pm

Garage and Bake Sale*
at McGregor Community Center October 7 10am-3pm

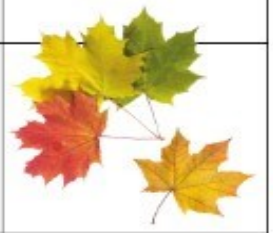
ATTIC and MACC Open House*
at ANGELS Oct 10 10am-2pm

Holiday Connections
at ANGELS Nov 27 11am-1pm

***No Registration Required to Attend**



October 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Attic Hours: Mon—Sat 10am—2pm	2 Loaves & Fishes Lunch Delivery Bridge Club 12-2	3 Chair Exercise w Marty Ryan 12 pm	4 AEOA Meal pickup noon BINGO PV 2-4 Am Legion Mtg 11	5 Comm/Adv Mtg 1 Loaves & Fishes Lunch Delivery	6 Writers Club 2	7
8	9 Indigenous Peoples Day No—Loaves & Fishes Delivery	10 Chair Exercise w Marty Ryan 12 pm Education Cmte 1	11 Activity Cmte 9:30 Attic Cmte 10:30	12 L & F Lunch Del Movie—PV 11-1 New Volunteer Training 10-12	13 AEOA Meal Orders Due Writers Club 2	14 Garage & Bake Sale 10-3 Community Center Lunch available
15 MACC Hours: Tues & Sat. 10 am—2pm	16 Loaves & Fishes Lunch Delivery Bridge Club 12-2	17 Chair Exercise w Marty Ryan 12 pm	18 AEOA pickup noon BINGO PV 2-4 Comm Meal 5 Foot Clinic	19 L & F Lunch De Board Meeting 10 Foot Clinic	20	21
22	23 Loaves & Fishes Lunch Delivery Caregiver Support Group 11-12	24 Chair Exercise w Marty Ryan 12 pm Foot Clinic	25 Foot Clinic	26 Loaves & Fishes Lunch Delivery	27 AEOA Meal Orders Due	28
29	30 Loaves & Fishes Lunch Delivery	31 Chair Exercise w Marty Ryan 12 pm Halloween		ANGELS Office Hours: Monday-Friday 9am-4pm 218-768-276		

November 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
ANGELS Office Hours: Monday-Friday 9 am-4pm			1 AEOA Meal pickup noon BINGO-PV 2-4 Am Legion Mtg 11	2 Comm/Adv Mtg 1 Loaves & Fishes Lunch Delivery	3 Writers Club 2	4 Attic Hours: Mon—Sat 10 am—2pm
5 Daylight Savings—turn clock back	6 Loaves & Fishes Lunch Delivery Bridge Club 12-2	7 Chair Exercise w Marty Ryan 12 pm	8 Foot Clinic Activity Cmte 9:30 Attic Cmte 10:30	9 Foot Clinic L & F Lunch Del Movie PV 11-1	10 AEOA Meal Orders Due Writers Club 2	11
12	13 Loaves & Fishes Lunch Delivery	14 Chair Exercise w Marty Ryan 12 pm Education Cmte 1	15 AEOA Meal pickup noon BINGO-PV 2-4 Comm Meal 5	16 Board Mtg 10 Loaves & Fishes Lunch Delivery	17	18
19	20 Loaves & Fishes Lunch Delivery Bridge Club 12-2	21 Chair Exercise w Marty Ryan 12 pm	22 Foot Clinic	23 Thanksgiving—ANGELS closed	24 AEOA Meal Orders Due	25
26	27 L & F Lunch Del Holiday Connections 11-2 w/lunch	28 Chair Exercise w Marty Ryan 12 pm Foot Clinic	29 AEOA Meal pickup noon	30 Loaves & Fishes Lunch Delivery		MACC Hours: Tues & Sat. 10 am—2pm

Garden Fresh Tomato Soup Recipe — Serves 6

Submitted by Jan Elledge

4 c chopped fresh tomatoes
1 sliced onion
4 whole cloves
2 c chicken broth
2 T butter
2 T flour
1 tsp salt
2 tsp sugar

In stock pot, over medium heat, combine tomatoes, onion, cloves, and chicken broth. Bring to boil and boil gently for 20 minutes. Remove from heat, run through a food processor, food mill, or immersion blender.

In the stock pot, melt the butter and add flour to make roux, cooking until medium brown. Gradually whisk in the tomato mixture a little at a time, so no lumps form, then stir in the rest. Season with salt and sugar to taste.

This recipe is from the cook book *Ladies of the Lake* available at TJs Depot!

Fall Is Here Word Search

As always, multi-word answers may change direction. When complete, unused letters spell a phrase. Call ANGELS with the answer by November 1 to qualify for a prize. Congratulations to our latest winners, Leslie Hietalahti (June) and Barb Jurek (August).

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

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**

Find us on: facebook

at ANGELS McGregor

Frozen Meals Program

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

October 9 & 23
November 6 & 20

Exercise with Marty

Marty Ryan will continue to lead chair exercise classes every Tuesday at noon through October in the ANGELS Activity Center. Enjoy exercise geared to your capabilities.

Words to Find

BACK TO SCHOOL
BONFIRES
CARVE PUMPKINS
CLIMB FIRE TOWER
CLOSE CABIN
ENJOY COLORS
FIRST FROST
GO SOUTH
HALLOWEEN
PHEASANTS
RAKE LEAVES
REMOVE DOCK
REMOVE LIFT
STORE BOAT
THANKSGIVING
VEGETABLES
WATERFOWL

ACORNS
CIDER
DEER
DST ENDS
FALL
FLOCKS
FORAGE
GOLD
GROUSE
HARVEST
HAY
HIKE
HUNT
IVY
NUTS
RED
TRAILS
TREES

Would You Recognize the Warning Signs of Alzheimer's Dementia?

As we age, many of us experience what we jokingly refer to as "senior moments" – little slips of memory that most of us can smile about and work around. They don't have a significant impact on our daily lives, and we think little of it. But when do "senior moments" cross over into being matters of medical concern? The Alzheimer's Association has released a list of ten warning signs and say if you notice these signs in yourself or someone else, you should consider taking action.

ALZHEIMER'S ASSOCIATION® 10 SIGNS & SYMPTOMS OF ALZHEIMER'S & DEMENTIA

1. Memory loss that disrupts daily life, for example, forgetting recently learned information.
2. Challenges in planning or solving problems, for example, having trouble keeping track of monthly bills or following the instructions on a recipe.
3. Difficulty completing familiar tasks, for example, difficulty organizing a grocery list, or forgetting how the dishwasher or coffee maker works.
4. Confusion with time or place, for example, losing track of dates, season and the passage of time.
5. Trouble understanding visual images and spatial relationships, for example, problems judging distance, which may cause trouble with driving.
6. New problems with words in speaking or writing, for example, calling everyday objects the wrong name.
7. Misplacing things and losing the ability to retrace steps, for example, leaving keys in unusual places and having no idea how they got there.
8. Decreased or poor judgment, for example, making bad decisions when dealing with money.
9. Withdrawal from work or social activities, for example, losing interest in a favorite hobby.
10. Changes in mood or personality, for example, becoming easily upset when out of one's comfort zone.

It's important to know that if you or someone you know has some of these symptoms, it doesn't automatically mean they have Alzheimer's. This list is informational only, and not a substitute for consultation with a qualified medical professional. But if you or someone you know is exhibiting these symptoms, it's time to consider seeing a physician – and the sooner, the better. Medications are available that can help delay the progression of Alzheimer's, but cannot be prescribed until an Alzheimer's diagnosis is made by a physician.

So if you, or someone you know is exhibiting these symptoms, do the following:

1. Talk to someone you trust. It's natural to feel uncertain about how to discuss your concerns, but the Alzheimer's Association has tips to guide your conversation. Visit **alz.org/memoryconcerns** to learn more.
2. See a doctor. Get a full medical evaluation. Early diagnosis offers a chance to plan for the future, access support services and explore medication options that may address some symptoms for a time. You can visit **alz.org/evaluatememory** to learn what a medical evaluation may include.

Finally, remember that support and information are available 24/7 through the **Alzheimer's Association Helpline (800-272-3900)**. Their trained specialists and master's-level clinicians can have a confidential conversation with you and help you connect to resources.

On a local level, ANGELS hosts a Memory Loss Support Group on the 4th Monday of every month, from 11:00am– noon. These meetings are led by volunteers who have trained with the Alzheimer's Association, and the meetings include activities for the Memory Loss patient, as well as confidential break-out sessions for the caregivers and family members. If you wish to participate in the ANGELS support group meetings, please call the office at 218-768-2762 to register.