



# Voice of the ANGELS

Our Mission is to Keep Seniors Living in Their Own Homes Safely, Independently and with Dignity

## Archangel's (Director's) Corner

Greetings from ANGELS!

ANGELS (Area Neighbors Giving Elderly Live-In Services) volunteers help local seniors to remain living in their homes for as long as possible, safely and with dignity. We're stretching our wings to reach every home in the McGregor area with this, our first direct mailing to all homes in the McGregor, Jacobson, Palisade and Tamarack areas.

ANGELS volunteers assist seniors 60+ (55+ if Native American) with rides, chores, housekeeping, and friendly phone calls and visits. We also host regular social and educational events. So, Area Seniors, if we can be of assistance to you, please call us at 218-768-2762.

ANGELS will be celebrating its 20th year in existence in the summer of 2024 – watch for future information on our Gala to celebrate with us!

Did you know that Aitkin County is both one of the most elderly, and least affluent, counties in the State of Minnesota? Add that information to awareness that there are limited assisted living placements in the area, and you'll realize how needed our volunteers really are. We are always welcoming new volunteers – so if you have some time to donate, and want to help make your community a better place, consider becoming one of our volunteers. Your donation of time now helps to insure that ANGELS will still be thriving when you, or your family members, need an ANGELS' help in the future. We wish you a blessed holiday season—



Peg Rosvold Johnson, Director

**ANGELS of McGregor  
Blood Drive**

**Community Center**

41442 Hwy 65 N - McGregor

**Wednesday, December 27, 2023**  
10:00 a.m. to 4:00 p.m.

Please call 1-800-RED CROSS (1-800-733-2767) or visit [RedCrossBlood.org](http://RedCrossBlood.org) and enter: McGregor to schedule an appointment.

Make a Legendary Impact! Come give Dec. 18 thru Jan. 5 for NEW long-sleeved Red Cross Tee, Ltd qty!

**Schedule your blood donation appointment today!**  
1-800-RED CROSS | [RedCrossBlood.org](http://RedCrossBlood.org) | Download the Blood Donor App

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Please join ANGELS for a blood drive at the McGregor Community Center on Wednesday, December 27, 2023, from 10:00am - 4:00pm. Visit [RedCrossBlood.org](http://RedCrossBlood.org) or call 1-800-RED-CROSS to schedule an appointment.

## Why I'm an ANGEL

by Jackie Dille

I think I've been a "Yes" person for most of my life – it's always been hard for me to say "No." I've even practiced saying "No" in front of a mirror because it's important for me to be more selective about who I'm willing to give my time and attention to. But when it comes to volunteering for ANGELS, I'm always happy to say, "YES!"

Getting involved with ANGELS has been so much fun. I get to meet new people all the time, and hear their interesting stories about their lives and families. Many of the ANGELS clients I've met have had medical issues and need rides – and during these rides, I've made many cherished friends.

Have you thought about who would help you out if you had no family close by and could not drive yourself anymore? Do you have a family member who could use help now?

ANGELS of McGregor was established for that purpose. Do you think you could say "Yes" to helping someone to continue living in their home? If "Yes" please give us a call to learn about the many opportunities available.

As for me, I'll keep practicing saying "No" to less important endeavors, but I receive inner peace and blessings in helping others – and ANGELS will keep getting my "YES!"

**Nutrition Assistance** – Do you or a family member need help with healthy meals? Call the ANGELS office at 218-768-2762 to learn about inexpensive frozen meal delivery, or free Loaves and Fishes hot lunch deliveries.

## ANGELS PERSONNEL

Peg Rosvold Johnson, Director  
Sarah Duwell, Administrative Support  
Jackie Nordstrom, ATTIC Store Manager  
Board of Directors - Terry Carter, Gayleen  
Touhey, Carole Holten, Cheryl Martin,  
Ann Rorem, and Robert Swedeen

## 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

## 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  
and Sat, 10am-2pm.

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

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

Riverwood Pharmacy Prescription Delivery -  
218-768-4165.

Minnesota Abuse & Neglect Call Line - 1-844-880-1574

## SPECIAL EVENTS AND OPPORTUNITIES

RESERVATIONS REQUIRED UNLESS NOTED;  
REQUEST TRANSPORTATION IF NEEDED

### FOOT CARE CLINICS

AT ANGELS DEC 5, 6, 13, 21  
JAN 9, 16, 30, 5 IF NEEDED  
FEB 6, 20, 27, 15 IF NEEDED

### AEOA FROZEN MEAL DELIVERIES

DEC 13, 17  
JAN 10, 24

ORDERS ARE DUE NOON BEFORE DELIVERY

### CHAIR EXERCISE WITH MARTY\*

AT ANGELS TUESDAYS IN DEC 5 & 12 12PM-1PM

### MOVIE DAY\*

AT PIONEER VILLA DEC 14, JAN 11 11AM-1PM

### BINGO\*

AT PIONEER VILLA DEC 20, JAN 11 2PM-4PM

### COMMUNITY MEAL\*

AT MCGREGOR COMMUNITY CENTER  
DEC 20, JAN 17 5:30PM

### MEMORY LOSS CAREGIVER SUPPORT GROUP

AT ANGELS JAN 25 11AM-12PM

### HOLIDAY CONNECTIONS

AT ANGELS NOV 27 11AM-1PM

### ANGELS CHRISTMAS PARTY

DEC 13 11AM-2PM

BINGO, WHITE ELEPHANT GIFTS AND POTLUCK

### RED CROSS BLOOD DRIVE

AT MCGREGOR COMMUNITY CENTER  
DEC 27 10AM-4PM

### SWEETHEART DANCE

AT VFW FEB 14 10AM-3PM  
BRING SNACKS TO SHARE

**\*NO REGISTRATION REQUIRED TO ATTEND**

## Our Services

Transportation	Household Chores	Deliveries	Home Assessments	Health Events
Socialization	Memory Loss Support Group	Meal Programs	Foot Care Clinics	Friendly Visits