



ANGELS of McGregor

Serving seniors in Aitkin County since 2004

Our Mission and Value Statements

Our Mission Statement

- ❖ Volunteers offer assistance to help seniors remain living in their homes safely, independently and with dignity

Our Value Statement

- ❖ We believe that seniors deserve a safe, respectful, healthy and fulfilled quality of life in our community

Our Team

Employees

- ❖ Joan McFarland, Program Director
 - Hired in 2015
 - Works 30 hours per week
- ❖ Debra Hagen, Office Assistant
 - Hired in 2020
 - Works 9 hours per week



Volunteers and Clients

- ❖ 53 active volunteers
- ❖ 118 formally registered clients; most are isolated and frail
- ❖ About 200 non-registered clients

Board of Directors

- ❖ Co-Chairs
- ❖ Seven Directors

Our Building



Located in McGregor

- ❖ Office Space
- ❖ Activities Center
 - Meetings
 - Educational events
 - Social events
- ❖ Attic Gift Shop
- ❖ Rent space to McGregor Area Clothing Closet (MACC)

Financial Status of the Building

- ❖ Mortgage will be paid off in June
- ❖ Continue to collect \$500/month from MACC
 - Held in special bank account
 - For repairs and maintenance



Our Pre-COVID-19 Programs

Transportation

- ❖ Appointments
- ❖ Shopping and errands
- ❖ Meetings
- ❖ Educational events
- ❖ Social events

Health and Wellness

- ❖ Home safety assessments
- ❖ Foot care clinics
- ❖ Alzheimer's Support Group
- ❖ Home access ramps
- ❖ Health Fair



Our Pre-COVID-19 Programs

Chore Services

- ❖ Light housework
- ❖ Home repairs
- ❖ Snow removal
- ❖ Yard work
- ❖ Furniture moves

Community Outreach

- ❖ Presentations on Suicide Awareness, Alzheimer's Disease, First Aid, etc.
- ❖ Technology training
- ❖ Bi-monthly newsletter to over 300 residents and interested parties



 **Voice of the ANGELS**
February 2021 — March 2021

Introducing the ANGELS Education Committee

Providing information on topics of interest has always been an important function of ANGELS. Last fall the Board of Directors formed an Education Committee to be responsible for coordinating programs for clients, volunteers and staff. The committee has been meeting regularly, planning events and writing articles for this newsletter and other media.

The committee members are Chair Ariene Wilson, Secretary Terry Carter, Kathy Branson, Kathy Berkley, Chris Bergman and Gayleen Touhey.

Based on feedback from clients and volunteers, the committee held a **Basic First Aid** course presented by Trudy Bunge in late January. This course can be repeated if there is enough interest.

Upcoming events to be held at the ANGELS Activities Center include:

- Movement and Balance presented by Marty Ryan on February 16
- Decluttering Your Home on a date to be determined in March.

Please watch for details and contact ANGELS at 218-768-2762 if you are interested in either of these events. The committee also welcomes ideas for other programs that would promote health, well-being and safety.

 **Keep your Brain Active**

Try this trick — if you're right-handed, use your left hand to brush your teeth, comb your hair, eat and perform other daily tasks. This forces your brain to focus on the process. If you're left-handed, switch to your right hand. If you keep forgetting to do it, wearing a glove on the hand you are avoiding is an easy reminder. Remember, our brains need exercise too!

1

Our Pre-COVID-19 Programs

Socialization

- ❖ Combat loneliness and depression
- ❖ Promote social connections
- ❖ "Something to look forward to"



Parties and Games



Field Trips

Nutrition

- ❖ Monthly Community Meal
- ❖ AEOA frozen meal distribution and delivery



Our Response to COVID-19 Apr-Dec 2021

Transportation

- ❖ Implemented health and safety precautions
- ❖ Significantly increased meal deliveries
- ❖ Increased prescription, mail, grocery and package deliveries
- ❖ Recently resumed non-emergency medical rides for treatments, doctor appointments and tests

Our Response to COVID-19 Apr-Dec 2021

Health and Wellness

- ❖ Initiated “Friendly Connections” client-volunteer matching program
- ❖ Added articles on health issues to newsletters
- ❖ Recently resumed Foot Care following strict protocol
- ❖ Health and Human Services provided vaccine clinics for staff and critical volunteers



“Friendly Connections”

- ❖ 41 high-risk seniors currently matched to volunteers
- ❖ July - December over 500 phone visits to clients by our volunteers
- ❖ Connections are by phone, letter, safe-distance visit or text message
- ❖ Coordinator suggests topics and questions to discuss with clients

Our Response to COVID-19 Apr-Dec 2021

Nutrition

- ❖ Provided 1678 AEOA frozen meals
- ❖ Provided 1820 hot lunches from Palisade Bethel Lutheran Church Loaves and Fishes
- ❖ Added a second carry-out Community Meal with Kids Plus; provided 1181 hot dinners
- ❖ Distributed 160 produce and shelf-stable boxes through AEOA, Aitkin County CARE and Second Harvest
- ❖ Distributed 540 bags of grocery and bakery items from Kids Plus



Our Response to COVID-19 Apr-Dec 2021

Chore Services

- ❖ Temporarily discontinued most in-home services
- ❖ Increased snow removal and other outdoor services
- ❖ Provide snow removal to some volunteers as well

Community Outreach

- ❖ Temporarily discontinued in-person events
- ❖ Offer virtual programs, events and interactions
- ❖ Recently started in-person events for very small groups with COVID-19 restrictions
- ❖ Provided "Cuts for Vets" in November

Our Response to COVID-19 Apr-Dec 2021

Socialization

- ❖ “Friendly Connections”
- ❖ Happy Bags
- ❖ Drive-by birthday party and other special events for homebound clients



Our Response to COVID-19

Building Modifications

- ❖ Purchased mobile air purifiers for Office and Activities Center
- ❖ Replaced both furnaces to include high-efficiency filters and ionization units
- ❖ Will replace the air conditioning system in the spring



Looking Forward

Resume Traditional Programs

- ❖ Transportation
- ❖ Health and Wellness
- ❖ Chore Services
- ❖ Community Outreach
- ❖ Socialization
- ❖ Nutrition

Continue Effective New Programs

- ❖ Two monthly Community Meals
- ❖ Meal, grocery and other deliveries
- ❖ Expanded "Friendly Connections"
- ❖ Happy Bags
- ❖ Special events for isolated clients

Contact Information

ANGELS

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The Staff, Board of Directors and Volunteers of ANGELS invite you to visit our office to learn more about our organization and programs.