



# Angelgram

## Director's Corner

*"This gives us something to look forward to." "It puts you in a great mood for the rest of the day!" "You can't turn on the TV or radio and get this kind of good music!" "Oh please come back soon."* These are just a few of the quotes I heard from residents at Active Care of Scottsdale while I was visiting recently when one of our Music Angels was performing. Our organization is now six years old and as 2007 comes to a close, the Board of Directors and Staff of *Audrey's Angels* would like to thank all those in the community that have chosen to uphold our mission of making a difference in the lives of the elderly at the small residential adult care homes and adult day care centers that we serve by making a donation to our organization. Because of these donations the elderly in these facilities can continue to enjoy weekly music from our talented Music Angels and interactive craft time with our gifted Craft Angels. There are still over 1,000 small residential adult care homes throughout the greater Phoenix area that have yet to receive our services and though we know it is a tall order to reach them all, we hope to continue to grow and build a connection with more seniors in these facilities in the coming year.

Happy New Year!

Linda Alderson, Executive Director

## Spotlight on Music Angels Marlene and Virgil Cole

Known as "The Honeydews"

Marlene and Virgil Cole have been Music Angels with *Audrey's Angels* since December, 2001. Marlene and Virgil were with a group called Gospel Lites and played music in care centers for a few years. The group broke up and then they were playing music from time to time at folk festivals, libraries and coffee houses. A friend gave them *Audrey's* phone number and since they had been thinking about contacting care centers on their own, it was an opportune time to try *Audrey's Angels*. It seemed to be just the ticket to keep up with and expand their music to their benefit and hope to bring some entertainment to the residents in care homes and day care centers

Marlene was born in Milwaukee, Wisconsin and has

lived in Arizona since 1957. Virgil was born in Sac City, Iowa and has lived in Arizona since 1945 except for a stint in the Army for a couple. They have been married for 29 years. Marlene started out mainly by playing an electric bass in a band for square dances. Virgil had played the chromatic harmonica in a group called *The Arizona Pickers and Grinders* and he gradually worked into playing the lead in a square dance band. Marlene learned to play on a regular six-string guitar and Virgil learned to play a tenor banjo so he could accompany himself when he sang. He later bought a tenor guitar, which also has four strings like the tenor banjo. Marlene nor Virgil can play each other's guitars since the chords are different.

Virgil also plays the Chordet and chromatic harmonicas and Marlene plays a larger cord harmonica. During the six years playing for *Audrey's Angels*, they found the residents' favorite songs to be: *Edelweiss, I'm Forever Blowing Bubbles, Beer Barrel Polka, Sidewalks of New York, Tip Toe Through the Tulips, Let Me Call You Sweetheart, Springtime in the Rockies, The Battle Hymn of the Republic, It's Only a Shanty, Five Foot Two, Sunny Side of the Street, When Irish Eyes are Smiling, My Wild Irish Rose* and *My Blue Heaven*.

During Marlene and Virgil's performances they have witnessed residents tapping their feet, clapping their hands, singing, and even getting up to dance. The Coles were told by the caregiver at Capable Hands that one gentlemen resident never seems to talk until the Coles are their playing their songs.

Marlene and Virgil have found playing for *Audrey's Angels* to be a rewarding experience.



## Fall Dinner/Auction Fundraiser

What a "Fling" we had October 9th at the Phoenix Country Club! Thanks to our event sponsors, Norm and Jane Henry, we had the opportunity of attending their beautiful country club.

Guests were treated to appetizers and complimentary drinks as they entered the ballroom. They had the opportunity of purchasing Angelgrams and to sponsor Angel performances at the small residential adult care homes.

As the fun began, our 133 guests bid on fabulous silent auction gifts that were donated by our generous board members and merchants. Other merchants donated all of the gifts for our Angelgrams. This year a total of 87 Angelgrams were purchased.

O'Neil Printing graciously donated the Save the Date postcards, the dinner invitations, and our Angelbar wrappers. How fortunate we were. There were several other personal donations which attributed to our success.

We had an excellent team of hard working dinner committee members who all worked together to help make our evening fun, exciting, and profitable. Dan Gottry, CFO of UMOM, generously donated the software that enabled our overview plan and check out process to work so well that evening. Dan worked together with our Board Member Earl Northcutt for many months on this project. Even Earl's wife Peggy pitched in assisting him at the event. What a difference that made.

Our wonderful video told Audrey's story of the founding of our organization. Advisory Board Member Charlie Herf again was our dynamo auctioneer. He did a fantastic job raising the money for our live auction. Way to go Charlie!! The stories he told us about our Angels and the homes had our guests reaching in their pockets. 34 months of weekly Angel performances at the homes we serve were sponsored at the event. Can you imagine? Wow!

The entire evening we clapped, sang, and enjoyed our super entertainers Igor Glenn and his delightful group of musicians. Igor, is one of our Angels, and spent many years with New Christy Minstrels. We were so fortunate that they blessed us with so much joy that evening.

Each year we grow a bit and earn a bit more for our homes. We are blessed to have a wonderful board of directors, advisory board, angels, homeowners, and a founder who are all so loving and caring. Don't we just love working all together for such a worthwhile organization?

Happy Holidays to all and we look forward to seeing all of you next year for our gala fall event.

Sandi Donley, 2007 Fall Event Chairman

## Program News

*Audrey's Angels* is now serving over 115 small residential adult care homes and adult day care centers throughout the Valley. We currently have 66 Music and Craft Angels involved in our organization. If you are interested in seeing our "Angels in Action" please contact Linda at 602-795-2122 to set up a tour of some of our homes while our Angels are performing. By doing this, one can see the difference our Angels are making by witnessing the singing, clapping, smiling, and toe tapping that occurs while our Angels are performing and interacting with the residents.

*Audrey's Angels* held our Annual Angel Training Session again this year at Paradise Valley United Methodist Church on September 29<sup>th</sup>. Our Music and Craft Angels were led in open discussion during the workshop by our facilitator Maribeth Gallagher, RN, MS, NP. Maribeth explained that clinical research suggests active listening to music may lead to improvements in depression and anxiety, sleep disturbances, thinking (music activates more parts of the brain than any other single activity!), and help in pain relief by offering distraction from idleness, boredom, and diminishes perceived levels of discomfort. Our Craft Angels offer interactive craft sessions that also help with boredom, depression and brain stimulation of the residents through creative thinking and conversation.

*Audrey's Angels* held our Annual Angel Thank You Party at the home of Robert and Kathern Plenge again this year. Kathern is a retired Neurologist from Barrow Institute and is on our Advisory Board. She and her husband kindly open up their home for the afternoon to our wonderful Angels each November. The day is spent enjoying food, sharing stories and listening to our Angels' awesome music! This is just one small way for our organization to thank our Angels for their commitment in sharing their talents by upholding our mission to enrich the lives of the elderly in the adult care homes and day care centers that we serve.



Angel Thank You Party  
Wes Gatske and Kate Stewart

**SAVE THE DATE FOR OUR SPRING 2008  
GOLF FUNDRAISER**

*Audrey's Angels' 5<sup>th</sup> Annual Golf Tournament Fund-raiser* will be held on Sunday afternoon, April 6, 2008 at Hillcrest Golf Club. This fundraiser offers a chance for golfers, non-golfers, corporations, and people with pre-commitments to participate.

For the golfers, please consider joining us at Hillcrest Golf Club in Sun City West, which is only a short distance off the Loop 101 and Bell Road. You may register for our shot-gun scramble golf as an individual golfer or register with a foursome. We will be mailing out information soon regarding our golf sponsorship levels.

For the non-golfers, corporations, and people with pre-commitments we will again have our "Sponsor-a-Team" sponsorship program available. These teams will be made up of four young golfers selected from the First Tee Group and Junior Golf. This is a \$600 tax-deductible donation to *Audrey's Angels*. We created this sponsorship level two years ago to expand our golf tournament by encouraging community support. This program also allows for these young golfers to be a part of a tournament that they may otherwise not have the opportunity to experience.

To make a donation or to support our "Sponsor-a-Team" program, please mail the form below with payment to *Audrey's Angels*, P.O. Box 22029, Phoenix, AZ 85028. For more information please contact Linda @ 602-795-2122.

\_\_\_\_\_ Yes, I would like to "Sponsor-a-Team" for \$600.00 (fully tax-deductible)

\_\_\_\_\_ Please accept my \$\_\_\_\_\_ donation to help support the 2008 golf fundraiser

\_\_\_\_\_ Please send me an invitation to the 2008 golf fundraiser

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\_\_\_\_\_**Please do not use my name in any of Audrey's Angels Publications.**

\_\_\_\_\_**Please remove my name from Audrey's Angels Mailing list.**

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