

Happy Valentine's Day



February 2016

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MACEC

1004 E. First Street, Merrill WI 54452
Lower Level of Merrill City Hall
(715) 536-4226

Hours: Monday -Thursday 8:00am-4:30pm
or as indicated on calendar.

Find our **Newsletter online** at our City Website
<http://www.ci.merrill.wi.us/>

Click on *City Government/Departments/
Community Enrichment*
scroll to the bottom of our page
and click on the month

You will need Adobe Acrobat Reader to view the newsletter

LIKE US ON FACEBOOK - MACEC Merrill Enrichment

*A \$2 donation for all activities and programs will help support
the Merrill Area Community Enrichment Center*

Mission Statement

Serving mature adults and people in need.
Brings people of all ages together
with compassion and a welcoming spirit,
showing respect, and honoring differences.

Golden Eagles Grant Awarded



Pictured L to R - Conductor and Eagles Past President, Les Sabatke, MACEC Activities Coordinator Lorri Vandre, Eagles #584 President Bryan Plautz, MACEC Director Tammie Mrachek, and Dave Sherfinski Chairman for Boomer Memorial Fund.

The MACEC was awarded the Golden Eagles Grant as well as a monetary gift from the Boomer Memorial Fund. We are extremely grateful for the Eagles continual generosity and all they do for our community. The grant money is used to support our Quilting Club which donates to hospitals, nursing homes, churches, local fundraising benefits, and people in need. We are able to continue our outreach because of the Eagles.

Thank you!

Join us for a Valentine's Day Party

Thank you to all of the following Organizations, Individuals, and Volunteers for supporting our annual Sharing Christmas Spirit Program which provides meals and needed gifts to those spending the holidays alone. This program has continued because of your kind hearts and generous donations. We are very grateful!

Donations

Hugo's Pizza
 Arby's
 Trinity Lutheran Church
 Lincoln County retired Educators
 Church Mutual Christmas Is Committee
 O'Tannenbaum Committee
 North East Wi. Building & Construction Trade Council
 Jim Blair
 Jennifer Heitz & Study Class
 Judith Weary
 Mary Brown
 Jack & Helen Zimmerman
 Alan and Marie Malm

Christmas Spirit Volunteers

Kathy Vandre	Leesa Roth
Neil Steinagel	Karen Ziegler
Karen Akey	Marci Barney
Katie Weckwerth	Anne Bonner
Jennifer, Olivia, and Christopher Heitz	Pamela Bjorklund
Ann Verdoorn	Sue Johnson
Marlin Kalafice & Grandchildren	Barb and Jamie Kock
Sue Kruger	Carol and Lester Leavitt
Larry Lebal	Reese Mrachek
Emily Dehne & Children	Arlene Bagley

Enrichment Center Committee Members

Eugene Simon
 Art Lersch
 S. Peggy Jackelen
 Diane Goetsch
 Mary Ball
 Chris Malm - Alderperson
 Gene Bebel
 Erin Wells - ADRC Rep.
 Our next board meeting will be on February 24th, 2015 at 8am in the conference room across from the Center. Community attendance is encouraged!
Please note our Committee meetings will now be held on the 4th Wednesday of each month.



NEW YEAR NEW CLASS



OFFERING!

CREATIVE COLORING CLASS

Join us for the latest craze in coloring!
The adult coloring book craze that started last year has shown no signs of slowing down!

Not only do you discover your inner creativity but coloring is very therapeutic and a proven stress relief! What perfect timing after our crazy holiday season!

Instructor Karen Hanneman will teach the class including color blending and shading.

Feb 10th 10:00am - Noon

Feb 22nd 1:00 - 3:00 pm

Cost of first class is \$5 and \$3 thereafter
(color pages and pencils will be provided)

A \$2 donation for the Center activity fee is appreciated
Please call the Center to register. 715-536-4226



New Craft Class!

Themed Candy Boxes



Chris Gano will teach you how to make Snowman and Valentines candy boxes. Great gifts and decorations!

February 3rd from 10:30 am – 12 Noon

Please call to register. 715-536-4226

Cost of class is \$3

*A \$2 donation for
the Center activity fee is appreciated*

“One Stroke” Painting with Sharon Walsh

Join us for one stroke painting.



No painting experience needed!

Each week has a different subject on a different canvas – glass, tile, paper, wood, etc. You leave the class with your finished creation!

Cost for each class is \$10 – which includes all materials needed – along with a \$2 donation for the Center activity fee.

Week 1 - Clay pot Valentines

Feb. 2nd 10am, Feb. 3rd 1pm

**Week 2 - Bird house and
wildflower large tile trivet**

Feb. 9th 10am, Feb. 10th 1pm



Week 3 - Fruits on small tile
Feb 16th only at 10am and 1pm



Week 4 - Bluebird on small tile

Feb 23rd 10am, Feb 24th 1pm

Please call to reserve your seat. 715-536-4226

SANDY SULLIVAN



February 8th 1:00pm

Sandy Sullivan is an author, teacher, businesswoman and motivational speaker who can deliver a rousing account of her experiences while working with Vince Lombardi and the Green Bay Packers.

You'll laugh and you'll cry when you hear what she has accomplished, what she's learned, and how and why she survived some very tough years. She encourages others to stay positive and to never give up because *"It ain't over til it's over!"*

Her book, "Green Bay Love Stories," has been acknowledged as a significant historical account of the Packers Glory Years and the foreword is written by Packers Hall of Fame great, Paul Hornung.

You'll find the presentation fun, interesting and inspiring. She brings her books for sale so everyone can read more of the story. The books sell for \$12. (2 for \$20.). They make wonderful gifts. There are a few left which are signed by the Lombardi Legends and they sell for \$125. (Six of whom are deceased)

Each book is a precious keepsake for the dedicated Packers fan.

WRITING WORKSHOP WRITING FROM THE HEART

No writing experience needed



In 2015, we began the Creative Writing Club. We were not sure what to expect or what it would become. What a pleasant surprise at the turnout we had from ages 13 to 93!

People wrote about wonderful memories and stories from their past and present. Short writing activities in class proved both touching and comical! Some choose to share while others just listened.

We truly enjoyed this experience and hope you will join us this year!

Whether you want to capture memories for your family, start a journal, or try your hand at writing a short story or poem, this is a great way to begin!

Thank you to Reggie Le Duc-Adumat, who leads the writers in this exciting experience!

We meet on **Wednesdays** from **1 -2:30pm**
Feb 3rd and 24th this month
Attend when your schedule allows.

A \$2 activity donation is appreciated.

Testimonial

Sandy Sullivan was our Keynote Speaker for the Zonta Club of Janesville International Women's Day Luncheon on March 13, 2015. As chairperson of the luncheon, I could not have been happier with Sandy's speech. Sandy captivated the audience of 400+ business women and men. Sandy's message was entertaining, funny, motivational and inspiring. Many attendees told me Sandy's speech was the best they have ever heard. I would recommend Sandy Sullivan to anyone looking for a Motivational Keynote Speaker.



ABLE Bodies Balance Training

Exercise Classes with Jane Francoeur
Mondays at 9:30 am
January 18th - April 18th

Class Fee; \$4 per session plus
a \$2 donation to Center per session

Join us for the upcoming sessions of ABLE Bodies Balance Training, an activity-based program designed to improve balance and mobility for both fit and frail older adults. Our exercises will help you enhance your ability to maintain balance in completing your everyday tasks. We also work on flexibility, strength, and cardio-respiratory endurance. Participants should bring a resistance band or tube. Class size is limited. Please call 715-536-4226 to register. *You can join at any time.
Note: The classes do build upon each other.

Senior Strength

Wednesday at 9:30 am
Begins January 6th
Ongoing class. Join any time.



Class Fee; \$4 per session plus
a \$2 donation to Center per session



Need an indoor place to walk ?

MHS (Merrill High School) Hallway
Walking Times

Monday through Friday from 5:30 - 7:00 am
and 3:30-6:30 pm

Parking is on the Sales Street side of the building Enter through
Door 1.

PRMS Hallway Walking Times

7:00 am at PRMS enter via door #13

park across the river or street (due to bus)

3:30 pm at PRMS enter via door #13

park near the building (bus should be gone)

**Thank you to MHS and PRMS for opening their doors to
provide a safe walking location for our community!**

Here's How Much You Need To Exercise To Prevent Alzheimer's

By [Victoria Wolk and The Editors of Prevention](#)

Dec. 15, 2015



There's no rosy way to say this:
By 2050, [the number of Alzheimer's cases](#) is
expected to triple to more than 100 million.
But according to new research, you can [lower your
risk](#) simply by exercising more often.

Many of those living with Alzheimer's are genetically predisposed to the condition, but one-third of cases can be attributed to [risk factors](#) like diabetes, obesity, smoking, and physical inactivity—the last of which is the most prevalent risk factor in the US, UK, and Europe.

Why? Physical activity keeps blood flowing and boosts oxygen consumption, both of which help your brain function better, according to the Alzheimer's Association. Exercise also makes the brain work more efficiently, which helps to preserve the function that's left. And another benefit is a reduced risk of heart attack, stroke, and diabetes, each of which can contribute to Alzheimer's on its own.

So how much exercise do you need? In a study published last year in the *Journal of Alzheimer's Research*, researchers found that 150 minutes of moderate exercise per week—the CDC's recommendation for adults—can significantly improve memory performance after just 12 weeks.

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions. Word may overlap and share 1 or more letters.

Source: www.puzzle-club.com

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

Words:
 all of you
 always
 angels
 anytime
 at your side
 beautiful
 be myself
 be with you
 blessed
 close to you
 completely
 crazy
 dreaming
 emotion
 escape
 evergreen
 everyday
 far away
 fever
 fine
 forever
 gift
 girl
 gone
 happy
 hello darlin
 hero
 honey
 i love you
 lady
 lady in red
 like this
 love is all
 melt away
 memory
 miracle
 my all
 my love
 nothing



VALENTINES DAY PARTY!!

February 17th

12 noon to 4 pm

Join us for lunch, bingo, or both!

Lunch at Noon - Cost is \$10

Menu - Pasta Dish, Salad, Garlic Bread, and a delicious Valentines Dessert!

Bingo begins at 1:30 - Cost is \$5

Bingo Games - money paid out based on what we bring in.

Your **\$5 fee** includes treats, drinks, Center activity fee, and 3 bingo cards.

Register no later than February 15th

Call 715-536-4226



SHOP FOR VALENTINES DAY AT THE ENRICHMENT CENTER CRAFT SHOP

Pick up something special for yourself or for that special person in your life!

If you haven't visited us in awhile or maybe have never stopped down, you will be pleasantly surprised at the variety of wonderful products we have, made by local crafters!

You will be sure to walk away with a unique, one of a kind gift!





FREE 2015 Income Tax Preparation
Low-to-moderate income taxpayers;
Emphasis on age 60+

The Merrill Area Community Enrichment Center will host the
AARP Foundation Income Tax Preparation
on the following dates:

Thursday, February 25th
Thursday, March 17th
9am-2pm

APPOINTMENTS ARE REQUIRED
PLEASE CALL 715-298-5734 WEEKDAYS FROM 8:30AM
TO 4:30PM TO SCHEDULE

Loss of a Loved One

Drop In Bereavement Support Group



The Loss of a Loved One group is a *free* support group for those who have lost a loved one through death. It is a time to learn about the grief process, share memories, find support from others and discover new ways to cope with your loss.

The group is open to the public.

Meet at The Enrichment Center
Lower level of Merrill City Hall

Monday February 1st and 15th
1-2:30pm



Become a Foster Grandparent!

Would you like to make a difference in a young person's life? Do you enjoy mentoring, tutoring, nurturing, or just listening? If you are 55 or older and want to share your experience and compassion, you have what it takes to be a Foster Grandparent. Make the call to provide a stable and supportive presence in a young person's life!

The experience is mutually beneficial!

Call Donna at (715) 539-1645



ADRC - Healthy Living Programs

Stepping On

is a fall prevention program for older adults.

Hear from several guest speakers:

Physical Therapist: Covers simple balance and strength exercises

Optometrist: talks about the role vision plays in keeping your balance

Pharmacist: Reviews medications that contribute to falls

Community Safety Specialist: Provides tips for staying safe when out and about in the community

The program also covers safe footwear and how to check your home for safety.

Dates - March 31st - May 12th

Time - 1:00-3:00 pm

Location - Merrill Fire Department, 110 Pier St.

Cost - suggested \$10 for all 7 weeks

A collaboration between: Aging and Disability Resource Center and Kindhearted Home Care

Pre-registration required. Call Jennifer Clark at 536-0311 to reserve your spot!



TB Scott Library Movie Day

The first Friday of every month

1:00 pm at TB Scott Library

*January movie day is the 8th due to New years Day

Refreshments and popcorn provided

courtesy of the MACEC

T.B. Scott Library Program
Start your New Year out at T.B. Scott Library!



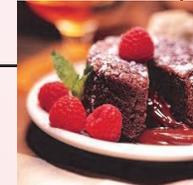
With the beginning of 2016, now is the time to start reading a new book series you put off this summer or to listen to your favorite author on audio book. We have new DVD's and music coming in monthly as well as games and magazines for everyone's interest!

Also new to 2016 will be the departure of our wonderful Mary Weege who is officially retiring on January 4th. She will be missed so much by all, but will probably be out and about the town. Watch for her in your favorite shopping spot! Stepping into her shoes is Jo Henrichs. Please contact her at the library for all of your reading,



Please join us for our community meal
Thursdays at noon at the Center.
 Enjoy time with friends and family
 for a delicious meal!
 Please call to sign up by Monday of the week
 you are attending.

We **thank you** for your **goodwill donation** to cover the costs of the meals
 and keep the program running for years to come!



Menu

Feb 4th - Chicken Pot Pie
 Feb 11th - Pasta Dish
 Feb 18th - No meal
 Feb 25th - No meal

Meals subject to change

Produce Give-away 11:15 am



Stop in before the meal and help
 yourself to fruit and veggies!
 There will be no produce on the
 18th and 25th
Offerings vary weekly

Nutrition

8 Ways You're Still Eating Trans Fat When You Think You're Not

Prevention Magazine - By [Caroline Praderio](#) January 11, 2016
<http://www.prevention.com/food/8-ways-youre-still-eating-trans-fat>

Did you know that [trans fats](#) are pretty much now illegal in packaged foods? Yep, it's true: Last summer, the FDA *finally* took action and ruled that the fats, which lower good cholesterol, raise bad cholesterol, and increase risk for heart problems, must be removed from all food products by June 2018. And while that's all well and good for Future You, there are still many months before that deadline hits. In the meantime, many foods still harbor dangerous trans fats, even those with a label that says "0 grams trans fat." How the heck can that be?

Manufacturers are allowed to say a food contains no trans fat if each serving has 0.5 g or less. But eat more than one serving size of, say, chips—and really, who sticks to nine measly chips?—and you could be eating 2 g or more of trans fat in no time, which is over the limit for good health, according to the World Health Organization.

How to avoid trans fat? Until 2018, when trans fats finally go away, [read the ingredients list](#) (where manufacturers can't lie) and avoid anything that lists partially or fully hydrogenated oils.

Here are the eight biggest offenders that are still sneaking trans fat into your diet, plus truly trans-fat-free options to buy instead. Microwave popcorn, Breakfast sandwiches (precooked, pre-assembled sandwiches), Coffee creamer (manufacturers get to say the product is "trans fat free." Not true: In fact, EWG found that 100% of non-dairy creamers labeled "Trans Fat 0 g" contain it), frozen pies and cakes, Canned frosting, Breakfast bars, granola, and trail mix bars, Croissants, Canned chili.

Finally, remember that manufacturers can never lie in the ingredients list. To make sure you're really avoiding trans fat, check ingredients lists and skip products that contain any partially hydrogenated oils. Then, try to limit products with refined oils (like corn, cottonseed, soybean, and canola) and fully hydrogenated oils, which can contain trace amounts of trans fat, too.

