

June 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

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.



Tammie Mrachek, Director
Tammie.Mrachek@ci.merrill.wi.us

Arlene Bagley, Activities Assistant
Please welcome Arlene, our newest team member!

Lorri Vandre, Activities Coordinator

ADRC, MEC, Community Center, CCCW, Community Care, Senior Center, Resource Center.... Oh My!

By Erin Wells

Community Resources Manager—ADRC
(Aging and Disability Resource Center of Central Wisconsin)

Sorting through agencies, resources and acronyms in a community can be confusing! What are they? Where do you go?

Merrill is fortunate to have many resources in the community for older adults and adults with disabilities.

The Merrill Enrichment Center or MEC could be considered a Senior Center or Community Center. Centers vary in each community but typically they provide socialization and a connection with the community. MEC is an amazing resource for the Merrill and surrounding communities. Not only is MEC a place for people go to and socialize, it is a place to access resources, explore hobbies, participate in activities, expand your knowledge, take educational and wellness classes, get out into the community to tap into everything that Merrill has to offer. A unique aspect of MEC is the efforts to plan activities that bring the generations together.

Every county in Wisconsin has an Aging and Disability Resource Center. The Aging and Disability Resource Center or ADRC is located on Sales Street in Merrill. ADRCs help adults, of any income level, learn about their benefits, options and resources as they work towards staying at independent and at home as they age or accommodate their disability. If eligible, the ADRC enrolls people into publically funded long term care to help them continue to stay at home if possible. Long term care programs are administered in Lincoln County by Community Care Connections or Wisconsin (CCCW) or IRIS.

The ADRC and MEC refer folks back and forth depending on what they need. There are some similar resources available but they complement each other well. The ADRC runs social meal sites and Meals on Wheels for seniors over the age of 60. MEC runs a weekly meal program for a social opportunity for any age. Both programs rely on donations to continue. An example of working together is offering ADRC Meals on Wheels participants an opportunity to be part of the MEC Holiday meal program deliveries.

The ADRC runs a handful of evidence based educational classes on how to successfully juggle chronic conditions and caregiving – sometimes holding the classes at MEC. MEC offers a variety of classes on a diverse assortment of topics- art, hobbies, health, exercise, brain health, etc. Both agencies welcome and rely on

Enrichment Center Committee

Eugene Simon

Art Lersch

S. Peggy Jackelen

Diane Goetsch

Mary Ball - Alderperson

Gene Bebel

Rev. Kyle Carnes

Erin Wells - ADRC Rep.

Our next board meeting

July 27th at 8 am

in the conference room across from the Center.

Community attendance is encouraged!



MERRILL
ENRICHMENT CENTER

New Merrill Enrichment/Expo Center Update

We have reached 71% of our goal toward funding our New Center/Community Expo Center which will be located at the Festival Grounds. To date we have \$850,000 and our goal is \$1,200,000.

Be a part of improving our community!

Your group or individual donations, no matter the size, will help fill the leaves on our tree and allow us to continue enriching lives. We thank you for your support!

Volunteers Shout out!

Thank You to these ladies for taking time to create beautiful Memorial Day wreaths for our cemetery. What fun they had!!



Kathy



Judy, Arlene, Elaine, Sue, Sheri, Carol
Missing from photo is Mary Gatterman

BINGO

June 15th 1:00 - 3:30pm



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

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

Call 715-536-4226 to register

Mah Jongg



Join us for Mah Jongg, a game which originated in China. Based on an original draw-and-discard card game, this game now consists of small domino like tiles. It is a game of skill, strategy, calculation and a bit of chance.

No experience needed!

We will teach you as we play.

June 1st, 8th, 22nd and 29th at 1:00 pm

A perfect game for brain fitness!!



Bus Trips



We are changing the way we schedule our trips. Please call or stop down to sign up for the trips you are interested in. When we have enough people we will determine a date.

There are 13 seats available per trip.

- * **Wausau Art & History** - The Yawkey House Museum, The Woodson History Center, & The Leigh Yawkey Woodson Art Museum
- * **Let's Go Fishing Charter – Rhinelander**
- * **Minocqua Zoo**
- * **Wisconsin River Cruise – Rhinelander**
- * **Monk Botanical Gardens - Wausau**
- * **Main Street Shopping** – Antiques, Boutiques, Unique shops
 - * **Waupaca/King area**
 - * **Tomahawk/Brigadoon Winery Tripoli**
- * **Mercer Loon Days - August 3rd**
- * **Woodchucks Game—August 1st**

Call the Center to sign up. 715-536-4226
Payment will be due once date is determined.

**NEW YEAR NEW CLASS OFFERING!
CREATIVE COLORING CLASS
Join us for the latest craze in coloring!**



**June 7th at 10:00 am
June 8th at 10:30 am
June 29th at 1:00 pm**

**Not only do you discover your inner creativity
but coloring is very therapeutic and
a proven stress relief!
Instructor Karen Hanneman will teach the class
including color blending, shading, and
much more.**

**Cost is \$3.
(color pages provided)
A \$2 donation for the Center activity fee
is appreciated**

Please call the Center to register. 715-536-4226



This is Sue.

Every month we hide a picture of Sue
somewhere in our newsletter.
Good luck finding her!
She is great at hiding!

Leaf Casting is back!!

Class meets two times.

First Class - June 6th at 10am and 9th at 1pm
Second Class - June 14th at 10am and 16th at 1pm



Cost is \$20. All materials provided.
6 seats available
Call today to register!

Bumble Bee Bowling

Class meets June 21st and 22nd at 9am

Cost \$10

6 seats available - Call to sign up 715-536-6510



MACEC Craft Shop



Our talented crafters have added new items for summer. Dress up your yard with our bird houses and yard ornaments. Pick up a few new kitchen items in spring colors to brighten things up. We also have many baby items. Many of these crafts are one of a kind and make beautiful unique gifts.

Craft Class Pictures Garage Quilts

Nice work Ladies!!



Brain fitness is one component of keeping your **Body, Mind, and Spirit** connected! The **five** main components are; physical exercise, proper nutrition, social connections, stress reduction, and mental stimulation!



The Habit That Can Cut Your Alzheimer's Risk By 50%

By [Suzee Skwiot for RodaleWellness.com](http://www.RodaleWellness.com)

A little movement goes a long way when it comes to preventing Alzheimer's disease, new research is showing. In a [study](#), published in the *Journal of Alzheimer's Disease*, researchers discovered that various physical activities, including walking, dancing, and even gardening, can help cut the risk of Alzheimer's disease by 50% and simultaneously improve brain volume, overall.

Researchers studied 876 participants over a 30-year period and completed a longitudinal memory test of the patients, who were 78 years old, on average, and followed up with MRI brain scans. The participants were also tasked with reporting their physical activity and logged their caloric output every week. The conclusion: A small increase in physical activity was directly tied to improved brain volume and a lower risk of Alzheimer's.

"This is the first study in which we have been able to correlate the predictive benefit of different kinds of physical activity with the reduction of Alzheimer's risk through specific relationships with better brain volume in such a large sample," says Cyrus A. Raji, MD, PhD, the study's lead author.

Source: *Prevention.com* -April 4th, 2016



A Geography Refresher!

List the name of the states in *alphabetical order* on a sheet of paper.

Now fill them in on the map

Finally, without looking at your paper, try saying the names of the states out loud from your list - in alphabetical order.

SAVE THE DATE

Know It.....Before You Need It!

Join us for a unique opportunity to learn about the wonderful resources within our community. Hear directly from the experts on topics from home care, rehab/short-term care, adult day care, and more!

Location: **Merrill Area Community Enrichment Center**

Date: **THURSDAY, JUNE 16TH**

Time: **10:00 AM - 11:30 AM**

Sponsored by Caregiving Pathways



For more information contact a Caregiver Support Coordinator at the ADRC: 1-888-486-9545

Register Before Voting Day!! Wisconsin Voter ID Registration June 9th 10am—1pm

Location: **Merrill Enrichment Center**



You must have one of the following IDs to register: Wisconsin Drivers License or ID Card, Passport, U.S. Military Photo ID Card, College ID Card + Proof of enrollment.

Stop by the Center for an instruction sheet on how to

TB Scott Library Movie Day

The *SECOND Friday of every month
1:00 pm at TB Scott Library Community Room.

Refreshments and popcorn provided

courtesy of the MACEC



Please note change from first to second Friday



Have you been looking for....?

This new section of our newsletter, recommended and approved by the Enrichment Center Committee, will provide information on where to go for services available in our community. We hope you find this a helpful resource.

Free Clinic (Medical)

1004 E. Main Street
Merrill

715-539-9566

(only on Thursdays during clinic hrs.)

715-539-2666

(outreach office to use during non-clinic hrs.)

The Free Clinic offers primary medical care.

Arrive between 5-6pm. First come first serve.

No appointments scheduled ahead of time.

Who is Eligible? People without health insurance. Those who are underinsured and cannot afford medical care, those with insurance but cannot afford deductibles. Your financial status will



T.B. Scott Library

Why should kids have all the fun!

Time for T.B. Scott Free Library's adult summer reading program. You can win prizes just for reading! Beginning May 31st, if you're at least age 18, read or listen to any fiction or nonfiction work as a print book, ebook or audiobook. Entry forms are at the library, write down titles of five books you've enjoyed on each form, and drop completed forms in an entry box at the library. Prizes are drawn throughout the summer and announced on WJMT. All entries are eligible to be the Grand Prize winner.

Call the library or visit our website for more details. 715-536-7191 www.tbscottlibrary.org

High Calcium Vegan Foods

While milk is a great vehicle for bone-building calcium, it packs 280 mg per cup. You don't have to do dairy to get enough calcium (you need 1,000 mg if you're under 50, 1,200 mg if you're 50 or over)

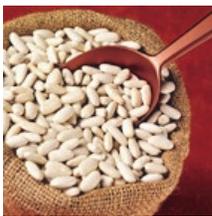


Edamame - Calcium: 131 mg per ½ cup (cooked). These toothsome beauties are soybeans that are picked while still green and tender. Boil the beans in the pods, sprinkle with sea salt, and serve as a snack.



Spinach - Calcium: 123 mg per ½ cup (cooked)

Frozen or cooked fresh leaves are just as nutritious and have a much nicer texture than the canned variety. Toss lightly cooked spinach into a [pasta salad](#) (leave out the cheese or use a vegan substitute).



White Beans - Calcium: 96 mg per ½ cup (cooked)

These versatile, mild beans are easy to add to your diet to boost your calcium, protein, and fiber intake. Toss them into soups, mash some for a sandwich spread or dip for veggies, or season them with your favorite salad dressing and serve on a bed of greens for a super-easy and delicious meal. You can even use mashed beans in brownies as a substitute for some of the fat.



Almonds - Calcium: 82 mg per 1-ounce serving

Perfect to snack on, almonds are rich in protein, healthy oils, B vitamins, and minerals like calcium. Oil-roasted almonds contain the most calcium; raw, honey-roasted, and dry-roasted contain almost as much. Toss sliced almonds on salads and into rice dishes

WALK & TALK ON THE RIVER BEND TRAIL



Join us on scheduled **Monday** and **Wednesday** mornings as we walk and talk on our beautiful River Bend Trail. We will meet at the Park street entrance at **9:30am** to begin our walk. Walking with friends makes exercising more enjoyable and motivating!

We will help you to set a goal for the summer. A tracking sheet will be provided. ***The first 25 people will receive a pedometer and a drawstring bag!*** Please make sure to have comfortable supportive walking shoes. Always check with your doctor before beginning a walking program.

Wednesdays—June 8th and 22nd
Mondays—June 13th and 27th
Call the Center to sign up 715-536-4226
You may also just show up to walk!

Thank you to Walgreens for donating Pedometers and drawstring bags for our participants!

We will not meet if it is raining or storming.



Golf
June 9th
X to C Golf Course
Tee time 9:00am

Call Center to sign up



Please join us for our community meal **Thursdays at noon** at the Center. Please call to sign up by Monday of the week you are attending.

Our meal is meant as a social gathering for people to get out of the house and visit. We often have informational speakers prior to the meals as well.

We serve meals that are nutritious and delicious!



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



June Menu TBD

Meals on the following dates:

June 2nd

June 9th

June 30th

No meal on the 16th or 23rd

Our 'Top Chef' Dave!!

Thank you for all you do for the Center and the Community!



Welcome Devan - our new meal volunteer!

Our produce give-away will no longer be available. We are very sorry and are working toward a solution.

PICNIC IN THE PARK

JUNE 23rd Riverside Park

Lunch served at Noon

\$5 a plate - Call or stop by the Center to sign up



MENU

Brats or Burgers

Pasta Salad

Potato Salad

Fruit Salad

Lemonade

