



March 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.

Participant Appreciation Week March 21st- 24th

**No Activity Fees for the week! Treats provided!
 Thank you for supporting the Center!**

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

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.

Merrill Area Community Enrichment Center (MACEC)

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



Tammie Mrachek, Director
 Tammie.Mrachek@ci.merrill.wi.us
Lorri Vandre, Activities Coordinator
Reggie Le Duc-Adumat, Activities Assistant
 (not pictured)

Volunteer Shout Out

Dick Duginski



A huge shout out to Dick who we rely on every Thursday to pick-up, deliver, and sort the produce for our giveaway at the Center. We appreciate you and are very lucky to have you as part of our team of volunteers!

Volunteers Opportunities Attention Guys

We need someone to sand small wooden blocks for a project. Please stop down or call for details.

Prime and painting of frames for the Cemetery for Memorial Day.

Of course we will accept the help of Ladies too!

Memorial Donations

A gift to the MACEC is a wonderful way to honor the memory of a loved one. The memorials are used to support our many community programs. Thank you to the following people for the Memorial donations to the Center.



*** The family of RoseMary Plautz and to her friends, Nancy Muschinske and Lorene Hass for donating to the Center in memory of RoseMary. She is greatly missed.**

***Special thanks to Rose Akey in memory of her daughter Roxanne Sladek. Our prayers are with you and your family.**

Donation Thank you

A special thank you to **The Holy Cross Sisters** for their very generous donation to our Center. We are grateful for your support!

Donation Thank you

Thank you **Church Mutual** for the generous donation to our Center. Your employees are helping us make a difference to

Committee on Aging 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
April 27th at 8 am
in the conference room across from the Center.

Community attendance is encouraged!



Committee member Mary Ball

March Greetings to you all!

First, I would like to thank Tammie, Lorri and the volunteers who generously donated their time to the annual Christmas Spirit appeal in December and continue to do so as 2016 progresses. I encourage you to take a look through this newsletter to not only register yourself for the activities being offered, but register and bring a friend as well. As you may be aware, the Merrill Enrichment Committee has been planning for a new or relocated center to address the changing population demographics in the Merrill community and to address the site needs of the current Merrill Area Community Enrichment Center (MACEC). To that end, Tammie and members of the committee have been actively seeking and applying for grants. Members of the committee met with a representative from the Bader Foundation last December and will continue to work with potential grant sources as the year progresses. We are also working on re-vamping the current mission statement of the center to better reflect what the center offers now – and in the future. And, a possible name change for the center itself as we move forward.

The 2016 Langlade County and Lincoln County Resource Directory published by the Aging and Disability Resource Center of Central Wisconsin (ADRC) are now available. You may contact the ADRC for a copy or stop down at the MACEC and Tammie or Lorri can provide you with one. This is a wonderful resource of services that are available in Lincoln and Langlade counties for older adults, adults with disabilities and their families, caregivers and advocates.

The committee meets the 4th Wednesday of every month at 8:00 am in the Conference Room of MACEC. We invite and welcome your input!

MS (Multiple Sclerosis) Support Group
Wednesday March 22nd 10am

Join us for our first MS support group. This first meeting will be a time to share your experiences and stories with others who truly understand. It will also provide an opportunity to express what you wish to receive from the meetings.

Thank you to Sheri and Audie for helping to organize the group.

Puzzle Table
Brain Fitness Activity

We are bringing our puzzle table back!
Stop down anytime to work on a puzzle.



This is a great way to keep your mind active and to socialize, both important pieces of overall health and wellness.

We also have puzzles for checkout.

WRITING WORKSHOP
WRITING FROM THE HEART
No writing experience needed



Our writing workshop will resume in April or May. Please call the Center or check our newsletters for future dates and times. Thank you!

ST. PATRICKS DAY BINGO PARTY!!

March 16th 1-3:30pm

Do you have the luck of the Irish?
Wear your lucky green outfit!



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



Valentines Fun with our High School Friends!



**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!

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

**March 8th 11am-12:30pm
March 24th 1:00 - 3:00 pm
March 30th 10:30am - Noon**

**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
Walk in's are welcome!**



This is Sue.
Every month we hide a picture of Sue somewhere in our newsletter.

Good luck finding her!
She is great at hiding!

SMARTPHONE CLASS

Wednesday March 9th 10am

Why is it called a 'smart' phone if we can't figure it out?

Join us for a *fun class* that will show you how to outsmart your smartphone!

The class will cover the following topics;

- Calls - placing and receiving
- Send and receive a text
- Use voice commands
- View email
- Take a picture
- Basic settings



Please call the Center at 715-536-4226 to sign up. You will need to bring your own phone.

**"One Stroke" Painting
with Sharon Walsh**

March Classes - Wednesdays at 1:00pm

2nd - Canvas and Coffee

This class will run from 10am - 3pm with a break for lunch. 16x20 Canvas!



Call the Center for painting subjects for the following dates: **9th, 23rd, 30th.**

ABLE Bodies Balance Training

Exercise Classes with Jane Francoeur



Mondays at 9:30 am
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

Every Wednesday at 9:30 am
Ongoing class. Join any time.

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

STAY ACTIVE

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!

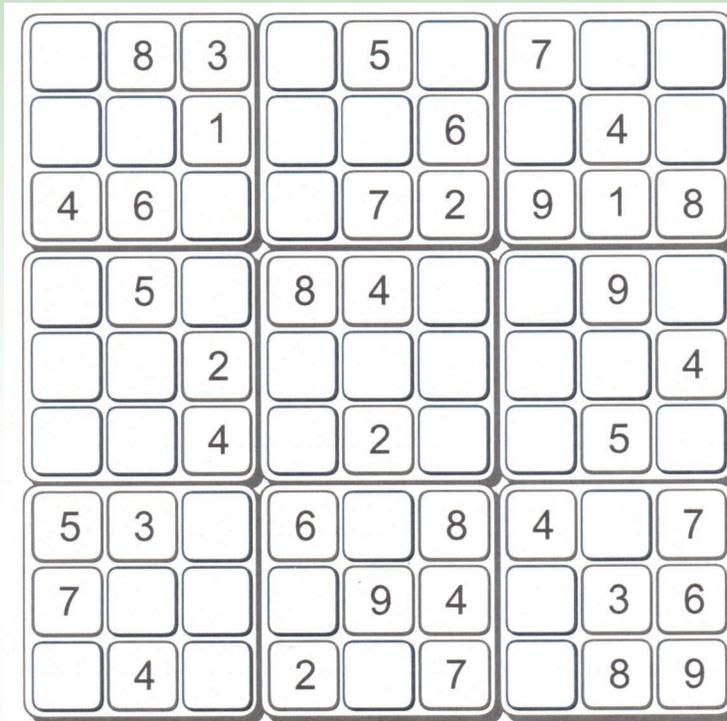
4 Ways Walking Adds Years To Your Life

By Sharon Liao Prevention Magazine Dec '15

Want to know the best workout for a longer, healthier future? You don't need a fancy gym or pricey trainer: A growing body of research proves that slipping on a pair of sneakers and going for a stroll is a great way to squeeze more quality years into your time on this planet. And you don't have to commit hours a day to benefit. According to a study published in the journal *PLoS Medicine*, walking for 11 minutes a day is enough to extend your lifespan by 2 years. Meanwhile, research from Australia's University of Sydney shows swapping one hour of sitting for an hour of walking can slash your risk of

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! Check out the AARP website for online brain fitness. http://www.aarp.org/health/brain-health/brain_games/

For those who want a bit of a challenge....Sudoku is a logic-based, combinatorial number-placement puzzle. **The objective** is to fill a 9×9 grid with digits so that each column, each row, and each of the nine 3×3 sub-grids that compose the grid contains all of the digits from 1 to 9.



Source: <http://www.smart-kit.com/s6679/smart-kit-sudoku/>

Fun Brain Teaser

How many words can
you make from the words
SWISS CHOCOLATE





**DINNER @ FIVE
A COMMUNITY TABLE AT
ST. STEPHENS
903 E. 2nd St. Merrill
Monday's at 5pm
Church Basement**

Caregiver Support Group



*For those taking care of
people with dementia
or Alzheimer's*

**Second Tuesday of each month
Time: 6-7 pm
Bell Tower Lobby
1500 O'Day Street**



Have you or someone you know:

Become a couch potato? Forgotten when you last exercised? Wanted to get started exercising, but not sure how? Need some extra encouragement?

PALS can help. Physical Activity for Life for Seniors or PALS is an exercise program that helps older adults become and stay physically active. The program is designed for those who do not exercise regularly, but are able to move and participate in a group led class.

10-week Session
Mondays/Wednesdays/Thursdays
April 11-June 16, 2016
Mondays: 9:30-10:30 AM
Wednesdays: 9:30-11:00 AM
Thursdays: 9:30-10:30 AM

Location:
Saint Stephen's United Church
903 E 2nd Street
Merrill, WI 54452

For more information or to register, please contact Jennifer Clark at the Aging and Disability Resource Center: (715) 536-0311 or Jennifer.Clark@adrc-cw.com

Loss of a Loved One



Drop In Bereavement Support Group

Loss of a Loved One 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. Meet at The Enrichment Center Lower level of Merrill City Hall or at your home. Please call the Center (715-536-4226) or AseraCare (715-355-4797) o arrange a date and time.



**TB Scott Library
Movie Day**

The first Friday of every month
1:00 pm at TB Scott Library
Refreshments and popcorn provided
courtesy of the MACEC



**T.B. Scott Library Program
T.B. SCOTT LIBRARY CRITICS
CHOICE MOVIE**

Friday March 4, 2016 AT 1:00 PM
in the Library Community Room.

Refreshments and popcorn provided courtesy of the MACEC.

Since we can't tell you the title we can give you a few hints:

- *Starring Jack Nicholson & Morgan Freeman
- *A Rob Reiner Film
- *2 men on a "final mission"

Please join us for an inspiring and funny movie!
CHECK US OUT!

With Spring just around the corner, T.B. Scott Library has created a new "planting ground" right in your backyard. With the cooperative efforts of MACEC, each month you will be able to check out library materials from Lorri just by signing a card!

Pantry Spring cleaning



Is it time to toss your pantry staples?

That jar of nutmeg from 2010 could ruin your cooking efforts in one shake. Here are four top pantry staples to pay attention to.

Herbs & Spices - If it's got a muted color, taste, or aroma, toss it. Dried herbs can last 1-3 years, while ground spices last 3-4. **Baking Soda** - Shelf life is 3 years, but it can lose lifting power sooner. Combine 1/4 tsp with 2 tsp of vinegar. If it bubbles, it's good.

Olive Oil - Use within 3 months of opening. Good oil smells like fruity, spicy, green olives, not putty.

Vanilla Extract - Capped tightly, this will last about 4 years - replace earlier if the aroma fades.

Prevention magazine - January 2016, pg. 52

Your Body On Olive Oil

Just call it liquid gold. Olive oil has been linked to a host of different health benefits, thanks in part to its high antioxidant content. Here's a taste of what regular olive oil consumption (experts recommend 2-3 Tbsp daily) can do for you.

CUTS CANCER RISK

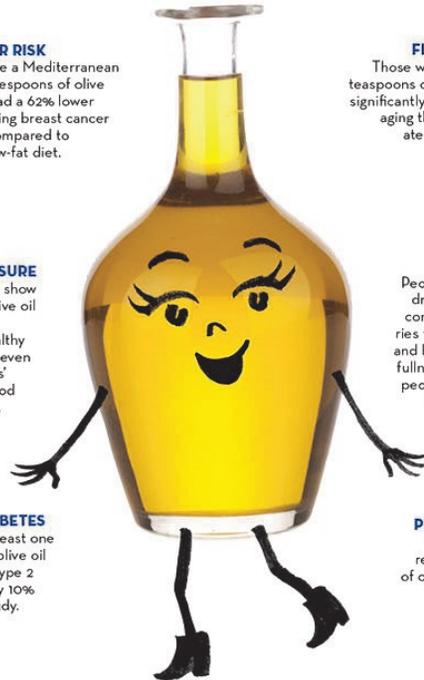
Women who ate a Mediterranean diet plus 4 tablespoons of olive oil every day had a 62% lower risk of developing breast cancer after 6 years compared to women on a low-fat diet.

LOWERS BLOOD PRESSURE

Several studies show a diet rich in olive oil reduces blood pressure in healthy adults and can even reduce patients' reliance on blood pressure meds.

SLASHES DIABETES

Consuming at least one tablespoon of olive oil daily lowered type 2 diabetes risk by 10% in one large study.



FIGHTS WRINKLES

Those who ate more than 2 teaspoons of olive oil daily had significantly fewer signs of skin aging than those who only ate a teaspoon or less.

SPEEDS WEIGHT LOSS

People who ate yogurt drizzled with olive oil consumed fewer calories throughout the day and had higher levels of fullness hormones than people who ate yogurt with lard, butter, or canola oil instead.

PROTECTS BONES

Research suggests regular consumption of olive oil can prevent loss of bone mass.

Sources: Breast cancer: JAMA Internal Medicine; Blood pressure: The American Journal of Clinical Nutrition; JAMA Internal Medicine; Diabetes: The American Journal of Clinical Nutrition; Bones: Interna-

12 Foods to Spring Clean Your Body

As much as we find comfort in our soups and casseroles in the winter months, the sodium tends to bloat us up by retaining water! Time to lose the bloat for our short sleeves and dare I say swimwear!

Here are a few good choices to help spring clean your body

1. Hibiscus Tea - flavonoids in the plant help fight bloat.



2. Beats - antioxidants repair and regenerate cells in the liver which is our detox center.

3. Sweet Potatoes - just half a medium potato contains 200% of your daily carotenoid which will naturally give your skin a sun-kissed glow! Who knew?

4. Mustard - one teaspoon will boost your metabolism 25% for several hours.



5. Spinach - add to your plate to keep hunger at bay. Thylakoids, a powerful appetite suppressant is found in the green's membranes.

6. Bananas - eat twice daily as a pre-meal snack and reduce belly bloat by 50%!

7. Tomatoes - foods high antioxidants can ward off skin damage from the inside out.

8. Kiwi - high in fiber this super fruit helps your body in numerous ways including cardio health and blood sugar control.



Source: www.eatthis.com/



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!



3rd - Baked Potato Bar

10th - Soup and Sandwich

31st - Layered Burrito Bake

**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
 17th and 24th
Offerings vary weekly



Brain Fitness Sudoku Solution

9	8	3	4	5	7	7	6	2
2	7	1	9	8	6	3	4	5
4	6	5	3	7	2	9	1	8
6	5	7	8	4	3	2	9	1
3	9	2	1	6	5	8	7	4
8	1	4	7	2	9	6	5	3
5	3	9	6	1	8	4	2	7
7	2	8	5	9	4	1	3	6
1	4	6	2	2	7	5	8	9

