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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.



Tammie Mrachek, Director, **Lorri Vandre**, Activities Coordinator, and **Arlene Bagley**, Activities Assistant

Mission Statement

Dedicated To Enhancing Lives and Bringing Generations Together.

Vision

- * Focus on social, educational, and wellness opportunities.
- * Work collaboratively with public and private entities to be proactive in identifying programs and services that address our changing demographic needs.
- * Strive to be the areas choice location that provides programs focused on memory health.

Core Values

Inclusivity
 Encouragement
 Volunteerism
 Creativity

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

Click on *City Government/Departments/
 Enrichment Center*

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

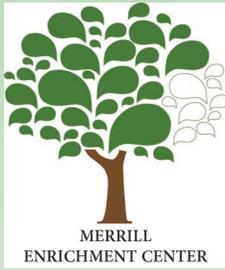
THANKGIVING DAY DINNER 2016



ST. STEPHENS UNITED
 CHURCH OF CHRIST

SEE PAGE 11 FOR DETAILS

**New Merrill Enrichment/Expo Center Update
Be a part of improving your community!**



We have reached 80% of our goal toward funding our New Enrichment Center/ Expo Center, which will be located at the Festival Grounds. We need roughly \$330,000 more to fill our tree!

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!

Check out the next phase of construction!
Everything seems to be on schedule!



You can mail your donation to our address shown on the front of this newsletter, or drop off your donation at the Center - Monday - Thursday 8am - 4:30pm.

Donations to the Enrichment Center

Donations are used to support our many community programs. A gift to the MACEC is a wonderful way to honor the memory of a loved one.

Thank you to Jon & Kay Granger and Darlene and Don Granger for their donations to the new Center in memory of Eugene Simon.

Thank you to Judith Wery and LaVerne Mussell for their donations to the Center in memory of Lorraine Preboske.

We are so touched to be included in a loved one's last wishes. We will continue to enrich lives in our

Enrichment Center Committee

Art Lersch
S. Peggy Jackelen
Diane Goetsch
Mary Ball - Alderperson
Gene Bebel
Rev. Kyle Carnes
Rose Akey
Erin Wells - ADRC Rep.

Our next board meeting
December 21st at 8 am in the conference room
across from the Center.
Community attendance is encouraged!

*Volunteer Shout Out!!
Thank you to Sheri
Our most dedicated
Volunteer*



VOLUNTEER OPPORTUNITIES

Delivery drivers for both Thanksgiving Day and Sharing Christmas Spirit on Dec. 22nd



Monthly Newsletter Delivery

Help us market our Center by delivering newsletters to local businesses. Routes take 15-30 minutes. Delivery is the third or fourth week of the month. Stop by the Center to sign up!

High School Friends

Steve's Friends from the High School will be here on the *third Monday of each month*. If you would like to work with this group please give us a call.

The rewards are priceless!

We would like to *sincerely* thank our many volunteers at the Center. You all help to enrich the lives of so many people in our community.

Book Club

Join us for our Book Club

Meeting date is the second Tuesday of each month at 10am at the Center.



November Book discussion
The Summer Before The War
Author: Helen Simonson

Volunteer Activity

Join us any day you have time this month to help make ornaments for the 2016 O'Tannenbaum Tour Tree. *Make it a 'friends day out!'* Please call the Center so we can get the tables set up for you.
715-536-4226



Our 2015 Victorian Tree



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.

Wednesdays at 1pm

A perfect game for brain fitness!!



Join us for our card games!
Sheephead, Hand & Foot, Bridge



This is Sue.
Every month we hide a picture of Sue somewhere in our newsletter.
Good luck finding her!

New Class!
Oil-Painting

No experience necessary!
Instructor Karen Hanneman will lead you
through each step.

November 16th – 9:30am-4:00pm



Mountain Landscape on a **16x20** Stretched Canvas
Cost is only \$30 – all materials included!

Only 6 seats available!
Call 715-536-4226 to reserve your seat!

CREATIVE COLORING CLASS

Join us for the latest craze in coloring!
November 2nd and 21st at 10am



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

Cost for each class is \$3.
(color pages provided)

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

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

Crafts with Lorri

Wooden Snowman Tabletop Decoration

November 30th

Cost is \$5.



(Picture is and example)

Call or stop down to register 715-536-4226

One-Stroke Painting

No painting experience needed!
No classes in November

December 6th and 7th
4' wood slab painting

You leave the class with your
finished creation!

**Call the Center for cost
and registration**
715-536-4226



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

Thanksgiving and Christmas shopping starts here!

Many of these hand made crafts are one of a kind and make beautiful gifts.
Freshen up your décor for the holidays.

Wooden Yard Art—Reversible
handcrafted by Lorri!

Perfect Gift for the **Packer/Bluejay**
fan! Only 6 available!
Stop down and pick yours up today!



**Cozy Quilts made
right here at the
Center.**

Quilt Raffle

This gorgeous quilt was made by our
very talented quilting group.

**Tickets are available at the Center
\$1 each or 6 for \$5**

Drawing Date December 8th at Noon.



**Back in stock - wooden trains,
tractors, dump trucks, and more!**
Perfect for the little ones.



Time to bundle up!
We have a large assortment of
hat, scarves and mittens.

Thanksgiving Word Search

Our brain fitness section is one component of the six pieces of Alzheimer's prevention. Other components are exercise, social engagement, healthy diet, stress management, and diet.



Directions: find the words hidden in this table (up, down, left, right, diagonals)

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



AMERICANS
BLESSINGS
COLONIAL
CRANBERRY
FEAST
GRATITUDE
MAYFLOWER
PILGRIMS
POTATOES
SING
STUFFING
TURKEY

APPLE
BOUNTIFUL
CORN
CROPS
FRIEND
HARDSHIP
NATIVE
PLENTIFUL
PUMPKIN
SQUANTO
THANKSGIVING
VEGETABLES

AUTUMN
CELEBRATE
CORNUCOPIA
FAMILY
GOURDS
HARVEST
NOVEMBER
PLYMOUTH
SHIP
SQUASH
THURSDAY

Have you been looking for....?



Heating Assistance

The Energy Assistance Program is available through Lincoln County Social Services. Call Robin at 715-539-1344 to get an appointment. This is heating assistance for the up-coming heating season.

St. Vincent de Paul Outreach and the CAP program both assistance with heating bills/WPS bills, too. Call the office at 715-539-2666 for details.

GRIEF SUPPORT

Living With Loss



Please join us November 10th and December 8th from 12:30 PM- 1:30 PM for a grief support group. Merrill Enrichment Center - Lower Level City Hall
1004 E 1st St Merrill, WI 54452

The Living With Loss support group is an on-going group that will encourage practical coping skills that are needed to create a “new normal” following the death of a loved one. It is the hope that this unique opportunity will grant you the skills and connections needed to foster a healthy grief journey and create a new relationship with yourself and the loss you have suffered. Newcomers are always welcome.

Please call Bre at 715-355-4797 if you have any questions or plan on attending.



T.B. Scott Library

What’s happening at T.B. Scott Library in November?

Our “Freaky Friday Double Feature” Halloween movie in October was such a success, we decided to have a “Double Friday Feature Movie Event” for November. (Try that sentence for your next tongue-twister party!)

In honor of the upcoming Presidential Election, we will feature an election based film on Friday, November 4th from 1:00 to 3:00 pm. This 2006 comedy/thriller stars Robin Williams, Christopher Walken and Laura Linney in a behind-the-scenes look at a presidential campaign and everything that could go wrong...or right during the election process. May the best man win!

The second half of our Critic’s Choice Movie Event will be the following Friday, November 11 from 1:00 to 3:00pm and features a film to get you ready for winter and all of the problems that come with severe weather conditions. Adapted from a memoir entitled Left for Dead: My Journey Home from Everest (released in 2000), this 2015 adventure film has an ensemble cast featuring Jake Gyllenhaal, Josh Brolin, Jason Clarke, John Hawkes, Robin Wright, Keira Knightley and Emily Watson, just to name a few. Nominated for several awards and primarily filmed in Nepal, this disaster film shows the trials and tribulations of mountain climbing and the actual challenges faced by each expedition group.

Snacks provided during the movie complements of the Merrill Enrichment Center, and bus rides to and from the library free to anyone attending the movie!



Lincoln County
Mental Health Coalition

Mental Health Awareness: Tips for Supporting Your Loved Ones, Friends and Community

Kristin Bath, CHES, Health Educator, Lincoln County Health Department (Lincoln County Mental Health Coalition)

Millions of Americans are affected by mental illness. Nearly 1 in 5 adults experience mental illness in the U.S. each year. Only 40% of individuals living with a mental illness actually receive the mental health treatment services they need. Suicide happens to be the 10th leading cause of death in Wisconsin. It is the 2nd leading cause of death for 15-34 year olds and the 4th leading cause of death for 35-54 year olds. Unfortunately 90% of those who die by suicide have an underlying mental illness.

National and State Hotlines: There are several mental health hotlines available to the public: 1) National Suicide Prevention Lifeline (available 24/7) 1-800-273-8255. 2) **HOPELINE** (24/7 texting support line for WI residents). Text “HOPELINE” to 741741

Stay Healthy during cold and flu season

We have heard it all before but a reminder never hurts. Read the few tips below from Web MD (www.webmd.com) and Health Magazine October 2016

The Basics

1. Wash your hands often! Traditional handwashing is best. Soap and warm water for at least 20 seconds. Hand sanitizer is a good second option.
2. Do not cough or sneeze into your hand. Think about how many things you touch during the day—or even in an hour! Instead cough or sneeze into your elbow.
3. Don't touch your face. This is easier said than done. Our eyes, nose and mouth are major entries into your body for viruses.
4. A Healthy Lifestyle helps boost the immune system which helps us fight off germs.

What Is the Immune System?

Simply put, it's a balanced network of cells and organs that work together to defend you against disease. It stops threats like bacteria or viruses from getting into your body. Think of it as a powerful "search and destroy" task force that sends immune-cell forces out to hunt down the unwanted

Bad health habits can slow your immune system. That's why doctors urge you to make certain lifestyle changes. To get started, **lower your stress** -- it's the most important change you can make. A steady flow of stress hormones makes it hard for your body to keep you well. Relaxation techniques, daily exercise, and stress-management techniques can all help. Next work on getting enough **sleep**. You need 7 to 8 hours of shut-eye each night to boost your defenses.

Exercise - Exercise improves your overall fitness, which can help boost your immune system -- the body's defense against infections. You don't have to run a marathon. Moderate activity is all you need. Some studies show that "moderate intensity" exercise may cut down the number of colds you get. That type of activity includes things like a 20- to 30-minute walk every day, going to the gym every other day, or biking a few times a week.

Eat Well - Your GI tract is one way your body gets rid of toxins. The best tactic for keeping your immune system and digestive system in top shape is to eat clean - fill up on food low in processed sugar, high in fiber (proteins and grains). This fosters a healthy gut. Check on taking a probiotic as well

ABLE Bodies Balance Training

Exercise Classes with Jane Francoeur
Wednesdays at 9:30 am
Class Fee; \$4 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

Mondays at 9:30 am
Class Fee; \$4 per session

This is a fun 45 minute class that will help you increase your muscular strength and flexibility while you move to music. You will be seated for much of the class and will use chairs for balance support when standing.

Ongoing class. Join any time.

STAY ACTIVE!!

See calendar on back for dates

A \$2 donation to Center per session is appreciated



Need an indoor place to walk ?

**MHS (Merrill High School)
Hallway Walking Times**

Monday through Friday from 6-7:30 am. Parking is on the Sales Street side of the building Enter through **Door 1**.

PRMS Hallway Walking Times

6-7:30 am at PRMS enter via door #13
park across the river or street (due to bus)

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

Next year you will be able to walk at our New Center!!



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 while having a nutritious meal.
 We often have informational speakers prior to the meals as well.

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



Meals on the following dates:

November 3rd
November 10th

No meal on November 17th or 24th

Happy Thanksgiving
 Center is closed



THANKSGIVING DAY DINNER

For over 26 years, the Enrichment Center and local
 churches provide a Thanksgiving Day dinner to the
 community.

Volunteer drivers needed! Please call 715-536-4226.



Where : St. Stephens United Church of Christ

When: Thanksgiving Day, November 24th

Time: 12:00 Noon (Meal served at Church)

Reservations: Please call the Merrill
 Enrichment Center at 715-536-4226 by
November 17th .

Dine-in, Carry-out, or Delivery.
Delivery will begin at 10:30am.
Carry-out at 11:30am.

Cost: Goodwill donation to St. Stephens

