



### **Inside This Issue:**

New Center .....	2
Committee Members .....	2
Volunteer Opportunities.....	2
Activities .....	3
Art & Craft Classes .....	4
Annual Fall Craft Show .....	6
Brain Fitness .....	7
Community Offerings .....	9
Nutrition & Fitness.....	10
Community Meal .....	11
Calendar of Events .....	12

### **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/  
 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

### **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

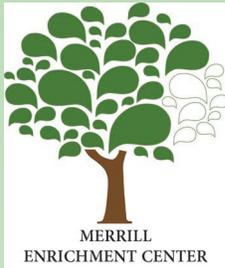


Our first selfie!

Arlene Bagley  
 Activities Assistant

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

**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!

*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.*

**Groundbreaking is underway!**

Our new address will be 303 N. Sales Street



*Support for this project was provided through the B.A. Esther Greenheck Foundation, The Bader Foundation, The Judd S. Alexander Foundation and The Bierman Foundation.*

**Thank you!**

A big thank you to Richard Vandre for volunteering his time to cut glass bottles and wood for our craft classes. We appreciate you!

**Enrichment Center Committee**

Art Lersch  
S. Peggy Jackelen  
Diane Goetsch  
Mary Ball - Alderperson  
Gene Bebel  
Rev. Kyle Carnes  
Rose Akey  
Erin Wells - ADRC Rep.  
*Welcome to our new Committee member Rose Akey*

Our next board meeting  
October 26th at 8 am in the conference room  
across from the Center.  
Community attendance is encouraged!

**VOLUNTEER OPPORTUNITIES**

**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* beginning October 17th at 1:00pm.  
If you would like to work with this group please give us a call. **The rewards are priceless!**

**Looking ahead** - Delivery drivers for both Thanksgiving Day and Sharing Christmas Spirit on Dec. 22nd.

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.

**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 Gene and Karen Pagel for their recent donation for our New Center!**

## HALLOWEEN BINGO

Final Bingo for 2016

October 27th 1:00 - 3:30pm



### Costume Contest

Prizes for the top 3 best costumes!

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

## BUS TRIP



### Holiday Shopping Bus Trip to Bay Park

#### Square Mall in Green Bay

Date: November 9<sup>th</sup>

Time: 8am-5pm

Cost: \$20

We would like to take a large Coach Bus  
if we have enough interest.

Please call the Center to sign-up.

Deadline is October 17th by 4:00pm



## 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. Group meets on Wednesdays.

**No experience needed! We will teach you as we play.**

*Wednesdays the 5th and 19th at 9:30am*

*12th and 26th 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.

## Crafts with Lorri



Yard Art - Reversible  
Scarecrow/Snowman  
Higher quality wood - *not  
pallets*



**OCTOBER 12TH**

9AM-4PM

Potluck Lunch

Cost is \$25

8 seats available.

Sign up begins October 3rd.

Call or stop down to register - 715-536-4226

## Volunteer Opportunities

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



## One-Stroke Painting

*No painting experience needed!*



Each week features a different subject with a different medium - glass, canvas, paper, wood, etc. You leave the class with your finished creation!

**Fall Cat, Pumpkins and Moon**

**October 4th 10am- 2pm**

**Cost is \$25 16x20 Canvas**

Potluck Lunch

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

## CREATIVE COLORING CLASS

Join us for the latest craze in coloring!  
**October 11th at 10 am, 19th at 9:30am, and  
the 27th at 9am.**



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.*

## MACEC Craft Shop

Stop down and shop with us for a unique one-of-a-kind gift!  
Check out our Halloween selection

### SAVE THE DATE! FALL CRAFT SHOW OCTOBER 20th 9am - 2pm

1004 E. First Street (located in lower level of Merrill City Hall)

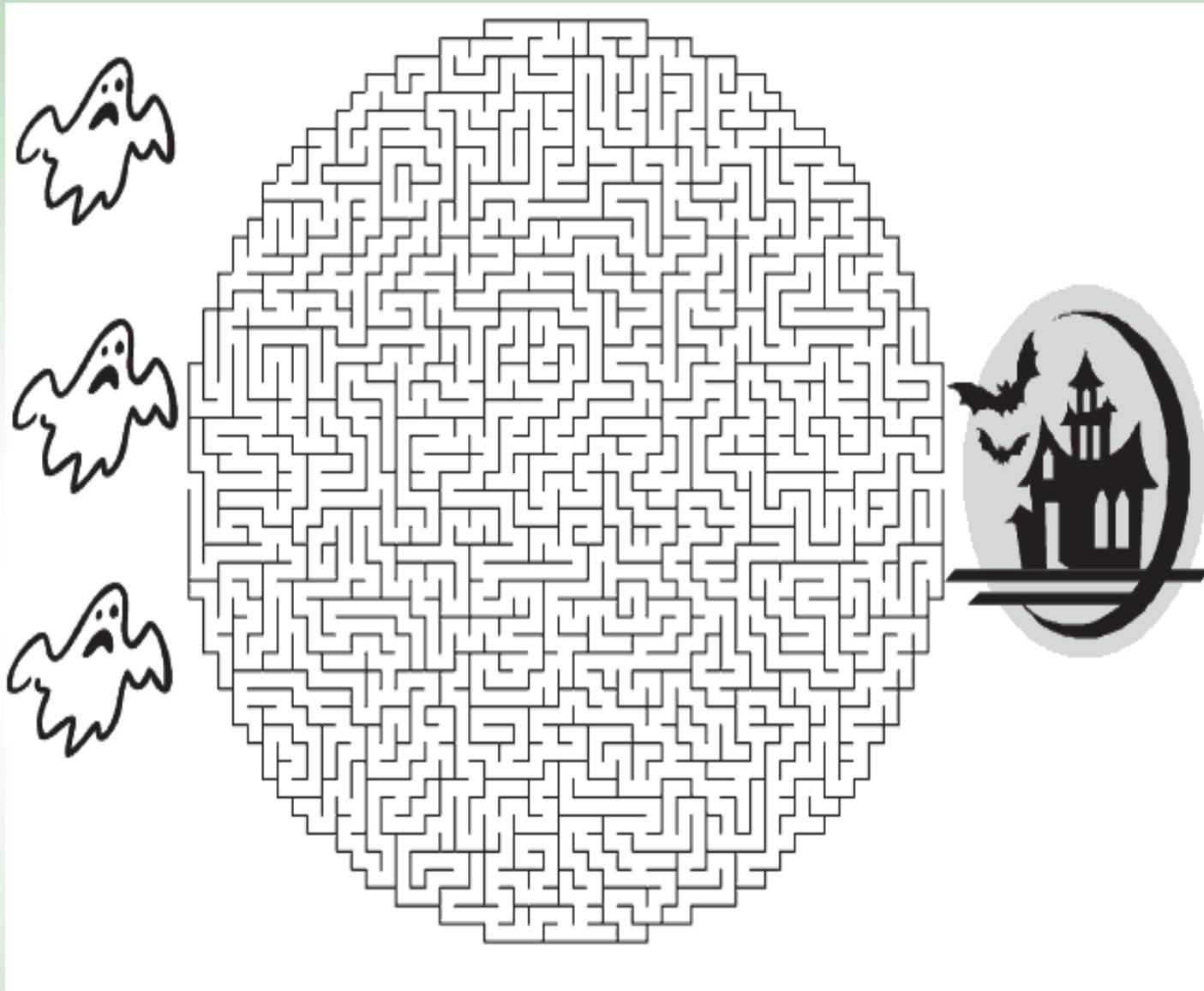
Start your Holiday Shopping. Local crafters will showcase their work. Fall, Thanksgiving, & Christmas Décor. One-Stroke Painting Demonstrations with Sharon Walsh, Handmade greeting cards, Quilted wall art, table runners, Painted signs, Handcrafted Wooden Toys, Unique Bird Houses, Beautiful American Girl Clothes, Custom Made Jewelry, Hats, Wool Mittens, Scarves, Baby items, Blankets, Quilts, Pillows, Handmade rugs, Embroidered Towels, Hand Towels, and more! **Our Craft Shop will also be open.**



*We have room for new crafters to fill our shop for the upcoming holiday season.  
Call the Center for details 715-536-4226*

# Halloween Maze Worksheet

Help the ghosts find their way back to the house they were haunting.



# Make A Difference Day

Saturday, October 22, 2016

For more information or to register by phone, contact Linda Becker at (715) 873-4564.

If you signed up last year, you will receive a letter with a post card to return, and do NOT need to send in this form.

**I NEED HELP RAKING LEAVES**

Please return this form by **Friday, October 14th** to: **MADD • P.O. Box 793 • Merrill, WI 54452**

You will be notified by Tuesday, Oct. 18th if your yard will be raked.

Name \_\_\_\_\_ Phone \_\_\_\_\_  
Please print clearly

I will not be home on October 22nd, so please follow these instructions: \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

My yard is:  Small  Average  Large  Extra Large

**You will need to provide enough CLEAR plastic bags and ties for your yard waste.**  
Small yards need about 10 bags (40-60 gallon size), average yards about 25 bags, large yards about 40 bags, & 60 bags+ for extra large.

Sponsored by



## T.B. Scott Library

Do you have a family member or know someone who can't get to the library? The T.B. Scott Outreach Program is ready to help! Please contact Jo at 715-536-7191 to schedule your fall and winter delivery of books, movies or music today! Deliveries are always free to and from your home on Monday through Friday. Call and set up an appointment soon to have your favorite library materials delivered to your door!

### SPOOKY...SCARY.....FUN AT T.B. SCOTT LIBRARY

As October brings out ghosts and witches to every neighborhood, the Critic's Choice Movie will frighten our library audience to their very bones!



Featured on **Friday, October 14 from 1 to 3 pm** is an enchanting Disney picture with everyone's favorite Sanderson sisters, played by Bette Midler, Sarah Jessica Parker and Kathy Najimy, who are resurrected after 3 centuries in Salem, Massachusetts. Attempting to stop the witches' reign of terror are 2 very spirited teenagers and a black immortal cat. Call the Merrill Community Outreach Program at the library for more information.

## Have you been looking for....?

### GRIEF SUPPORT

#### Living With Loss

Please join us the 2nd and 4th Thursday of every month (Oct.- Dec.) from 12:30 PM- 1:30 PM for a grief support group at the **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



## 20 Doctor-Recommended Natural Remedies

Medical experts share their most trusted nondrug treatments for everyday ailments.  
(By Bethany Kandel; prevention magazine, September 2016)

*The latest surveys show that about a third of Americans now use natural or complementary medicine and the number is growing. We asked doctors about the natural remedies they swear by - the ones they use themselves and recommend to patients, instead of writing a prescription. Below are just a few of the doctors recommendations.*

- 1. Anxiety** - Try Green tea and Dark Chocolate - Doctor says "Green tea and dark chocolate can each help take the edge off worries and tension; use them along with, not instead of, prescribed anti-anxiety medications. Green tea contains L-theanine, an amino acid that has been shown to help induce quiet and calm. Dark chocolate is one of my favorite food-as-medicine prescriptions, as it's rich in compounds that gently lift mood." *Tieraona Low Dog, fellowship director, Academy of Integrative Health and Medicine*
- 2. Bloating and Nausea** - try Ginger - Doctor says "Ginger regulates the flow of digestive juices to make sure food is properly absorbed, improving the function of bile and pancreatic enzymes to help digestion. It can soothe the stomach and reduce discomfort from bloating, nausea, and abdominal distension after meals. Peel, slice, and dice ginger to make a smoothie, or steep it to make a relaxing herbal tea." *Jonathan Cohen, gastroenterologist, NYU Langone Medical Center and Concorde Medical group*
- 3. Constipation** - try Unsulphured blackstrap molasses - Doctor says "This type of molasses is a wonderful stool softener. Take 1 tbsp. daily on its own or stir into water or any beverage. (**Patients with diabetes should avoid molasses.**) *Ashita Gupta, internal medicine specialist, Mount Sinai Hospital*
- 4. Bacterial infection between toes** - try white vinegar - Doctor says "Vinegar can eliminate the bacteria that tend to grow between toes. When heat and humidity make the area red, cracked, or oozy, vinegar soaks can help dry skin and treat any infection that may have developed. In the early stages of infection, the vinegar can be used alone: Soak the foot in a bath of one part vinegar to three parts water, If the infection is more advanced, add topical or oral antibiotics." *Diane S. Berson, associate clinical professor of dermatology, Weill Medical College of Cornell University, New York-Presbyterian Hospital.*

## ABLE Bodies Balance Training

Exercise Classes with Jane Francoeur



Mondays 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  
Wednesday at 9:30 am

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.

Class Fee; \$4 per session plus

**STAY ACTIVE!!**

*A \$2 donation to Center per session is appreciated*



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:

October 6 - Pancakes and Sausage

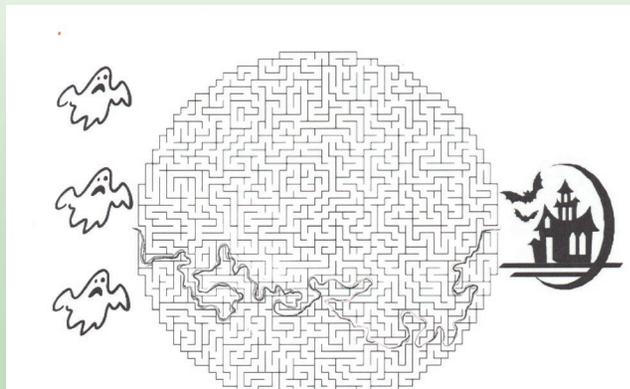
October 13 - Chili

October 27 - Spooky Spaghetti and Eyeballs  
 Wear your Halloween Costume!



**No meal on October 20th**

### Halloween Maze Solution



### 'Our Top Chef' Dave!!

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



### DINNER FOR ONE OR TWO

**The Simplest Tomato Soup**  
 (Ditch the high sodium can!)

Servings 2, Prep time 5min., Total time 20 min.

- 4 tomatoes, chopped
- 1/2 stick (4 Tbsp.), butter
- Extra virgin olive oil, for serving
- Fresh Basil

For smooth soup, puree tomatoes in blender until smooth.  
 In medium saucepan, melt butter over medium heat. Add  
 tomatoes and salt to taste and simmer 10 minutes. Divide  
 between bowls, drizzle with oil, and top with fresh basil!  
 (Serve with a favorite bread like crunchy french or ciabatta)

*Recipe found in Prevention magazine September 2016*

