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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/
 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.

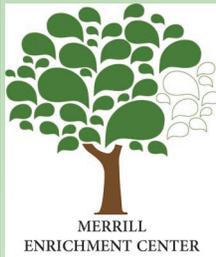
Core Values

Inclusivity
 Encouragement
 Volunteerism
 Creativity



Tammie Mrachek, Director
 Tammie.Mrachek@ci.merrill.wi.us
Lorri Vandre, Activities Coordinator

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

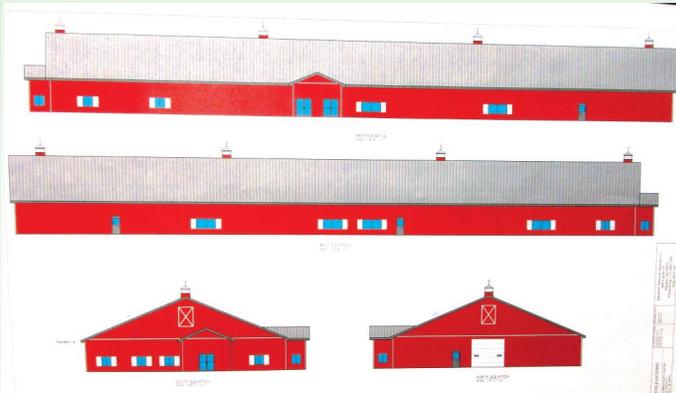


We have reached 80% of our goal toward funding our New Enrichment Center/Community Expo Center, which will be located at the Festival Grounds. We need roughly \$330,000 more to fill our tree!

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.

**Ground Breaking is underway!
Below is a rendering of our New Building.
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.

Memorial Donations

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



Thank you to Arlo & Eunice Berndt for their

Enrichment Center Committee

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

Our next board meeting
September 24th at 8 am
in the conference room across from the Center.
Community attendance is encouraged!
Our friend and colleague Eugene Simon passed away on August 14th. He will be greatly missed.

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!

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.

Thank You

We want to thank our advertisers for their ongoing support of our newsletter. Please look to our advertisers first for services you may be seeking.

Thank You

Craig Nienow for facilitating a very educational information session on advanced directives. We truly appreciate you sharing your time and knowledge for our community.

Jim Blair for the donation of delicious zucchini throughout the entire summer!

BINGO

September 14th 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. Group meets on Wednesdays.

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

Learning Sessions on Wednesdays the 7th at 1pm and the 14th at 9:30am.

A perfect game for brain fitness!!



BUS 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.



Helene's Hilltop Orchard - Wed. September 28th

Motorama Auto Museum- Aniwa - Trucks, Motorcycles, race cars, unique cars, engine displays, and more!

Wausau Art & History - The Yawkey House Museum, The Woodson History Center, & The Leigh Yawkey Woodson Art Museum

Wisconsin River Fall Color Cruise – Rhinelander-sub list - we often need to call on subs

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

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

TRY THE FIRST SESSION FOR FREE - Sept. 12th

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

TRY THE FIRST SESSION FOR FREE - Sept. 14th



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!!



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

One-Stroke Painting

Sharon is back in full swing for September!
Check out the wonderful variety of classes below.
You leave the class with your finished creation!

Pansies

Sept. 6th at 10 am
Sept. 8th at 1:30 pm



Painting on Canvas

16x20 Moonlight Landscape
with choice of wildlife
Sept. 13th 10 am - 2pm
Sept. 15th 10am - 2pm
Cost is \$25 – includes all
materials.

*Custom wood frame available for an additional \$10 -
Please let us know when you sign up*

Wine bottle bird lamps

Choose from Goldfinch,
Chickadee or Cardinal
Sept. 20th at 10 am
Sept. 22nd at 1:30pm



Mason Jars

Sept. 27th at 10 am
Sept. 29th at 1:30 pm

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

HALLOWEEN GHOST SCREEN PAINTING CLASS



Two sessions available
Sept. 21st or Sept. 28th 9am
Cost is \$20 or \$10 if you have your own
screen. 6 seats available.
Call to register - 715-536-4226

CREATIVE COLORING CLASS

Join us for the latest craze in coloring!



September 7th and 19th at 10 am
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!

Update your fall décor! We have new wine glass holders, beautiful table runners, placemats, towels and quilts. *Many of these crafts are one of a kind and make beautiful unique gifts.*

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



*New Jewelry
has arrived*



FALL RAFFLE

Beautiful cement leaf casting made
by Lorri.

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

Drawing Date

September 29th at Noon



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



Start your Holiday Shopping.
Beautiful handmade gifts - sweater mittens, purses,
quilted wall hangings, hand-crafted jewelry,
accessories, dog treats, and more!

Crafters - Call for details and to reserve a table.





Marilu Henner's Incredible Memory — and Her Tips for Improving Yours

Unable to forget anything, the actress is a consultant on the CBS crime drama 'Unforgettable'

AARP website - by Stacy Jenel Smith, July 24, 2013

Although Marilu Henner made her name playing gutsy, sexy, red-haired divorced mother Elaine O'Connor-Nardo on the TV series *Taxi* (1978-1983), she has a much more impressive claim to fame: Henner has Highly Superior Autobiographical Memory, or H-SAM — the ability to recall the slightest details of nearly every day she has lived. There are 13 known cases worldwide.

Give Henner a year, and she'll tell you what day of the week her birthday was on. 1975? April 6 of that year fell on a Sunday, Henner instantly recalls. (In case you're wondering, it's also the day she turned 23.) Point out a pair of shoes in her closet, and she can recollect the day she purchased them: "These are old — Oct. 18, 2007."

Since November 2009, neurobiologist James McGaugh has been studying the uber-retentive memory of Henner and others in his research lab at the University of California, Irvine.

"I've had this memory since I was 5 years old," says Henner, "but I've exercised it through the years. So it's got a very strong nature, but it's also something I nurture — they're equal to me."

Henner, who recently raised \$100,000 for the Alzheimer's Association, says people "can probably improve their brains" by sampling some of the "nurture" exercises she has devised (which McGaugh has also tested in his UC lab). "Things like crossword puzzles and Sudoku are helpful for one part of your brain," she says. "But many different parts of the brain must be activated in order to retrieve a memory."

We asked Henner to share her tips for how you can tune up your memory.

1. Explore your 'primary track'

"Every person has one thing they remember better than any other thing in their life," says Henner. "This is what I call their 'primary track.' For some people, it's travel; for others it might be sports, relationships, food, places they've lived, jobs they've had, their children's lives or even certain television episodes." If your most vibrant memories are attached to travel, for example, think about the trips you've taken, "then start filling in the blanks."

2. Use your senses as powers of recall

"Once you've determined your primary track, cross-connect that with your dominant sense — sight, sound, touch, taste or smell. Let's say you took that trip in 1997; what music was popular then? If you have a strong auditory sense, it's amazing how many memories start to come back once you take this ride." Others will find certain odors (of food or perfume, for example) more evocative; still others cannot make memories blossom without using tactile or visual cues. "Trying out sense memories is an ongoing process," says Henner. "Don't do it all in a weekend, but meditate on it once in a while."

3. Feed your head

"What's good for your body is good for your brain," says Henner. "Fruits, vegetables and legumes — basically any nutrient-rich foods — are all considered memory enhancers. Don't waste your time eating a lot of crap." And, she adds, don't forget to stay well-hydrated.

4. Sear in your memories

As you experience events throughout your day, ask yourself, "How can I bake this into my brain and make it a little more vivid?" For example, try doing a "sound check" every once in a while: What am I really hearing now? "Take a mental snapshot," suggests Henner, "or take a picture with your phone. Just try to grab something from the day. You can also try 'scrolling through your day' at night: As you brush your teeth, run a one-minute movie montage of that day's occurrences. That second go-round makes a huge difference."

5. Recruit a 'memory buddy'

"It's amazing how much bigger and brighter memories can become," notes Henner, "when you take the opportunity to spark off of someone else who was present in your past." For Henner, that's often her youngest brother, Lorin, her coauthor on the best-selling *Total Memory Makeover: Uncover Your Past, Take Charge of Your Future*. "He had forgotten an entire trip that we had taken together," she recalls, "and when I started prompting him, he kept saying, 'Oh my gosh! It's like a whole part of my life was missing, and now I have it back.'"

Have you been looking for....?

...an Adult Social Center/ Day Care?

The main purpose of an Adult Social Center / Day Care is to provide respite and social atmosphere for adults who might be socially isolated, home bound, recovering from illness or injury, experiencing a decrease in mental, physical or emotional functions. Participants range from dementia, memory issues, and elderly in need of social connections, safety or loneliness. Care is also provided for adults with autism, downs syndrome or traumatic brain injury.

Adult Social Center/ Day Cares are state approved programs, licensed by the state, where participants experience friendships and social connections, where they have choices in a safe, comfortable and home like environment. . The Center provides assistance with ADL's, which are activities of daily living. The participants are in need of supervision and social interaction. The curriculum can consist of individual and group activities, current events, mental stimulation, music and movement and guest activities from the community. Services are available full or part time basis.

Locally, Kindhearted Home Care, LLC has an Adult Social Center located at 101 N. Scott Street since 2012. In September, they will be moving to their new location at 120 S. Mill Street to serve more participants and provide more services to the community.

Avoid Slips, Trips and Falls-Watch Your Step!

This September, we focus special attention to fall prevention. Falls continue to be the number one cause of an emergency department visit for adults 65 and older. Every 13 seconds, an older adult is seen in the emergency department for a fall-related injury. In September, local organizations, older adults, families and communities will take a stand to improve awareness for preventing falls. You can take a stand too! Take part in a fall prevention program!

Independent and Upright: A free program to reduce fall risks in your home. Home assessments completed by a trained senior volunteer. For more information or to schedule a free visit for yourself or for a loved one, contact 1-800-782-8581, ext. 1-8400.

Stepping On: Stepping On is a fall prevention program, offered in a variety of community settings. Topics include simple balance and strength training, the role vision plays in keeping balance, how medication can contribute to falls, ways to stay safe when out and about in your community, what to look for in safe footwear, and now to check your home for safety.



T.B. Scott Library Reaching out in September.....

Are you or someone you know having surgery during the fall or winter months or just can't get to the library. Call Jo at the T. B. Scott Library to schedule a consultation to have library materials delivered right to your door. Deliveries are made free-of-charge weekly to many Lincoln County homes. Call (715)536-7191 to become a part of the Outreach Program!

T.B. Scott Movie Day

On Friday, September 9th at 1:00 pm the Critic's Choice Movie Event will feature a 2015 movie about a 70-year-old retired widower attempting to get back into the job market. Join us in the Library Community room for this charming, funny film starring Robert De Niro as the new company employee and Anne Hathaway as his boss. Refreshments provided through the entire movie courtesy of the Merrill Enrichment Center. Bus rides to and from the movie are always free. Please call ahead to arrange your ride.



Riding the Merrill-Go-Round is always free to the movies. After the movie we will feature the bloopers and deleted scenes while you wait to get on the bus. Call ahead for pick up to and from the library. No need to bring popcorn or soda. Refreshments are provided by the Merrill Enrichment Center during the film!

Farmers Market Voucher Reminder

We have about 30 -35 Farmers Market Vouchers Left. One per household. If you haven't picked up your vouchers to use at Farmers Markets (to purchase fresh Wisconsin grown produce)- stop in our office. They will be given out first come, first served. To qualify you need to: be age 60+; Lincoln County resident and be financially eligible (for a household size of one = monthly income of \$1832 or less). Call for more information 715-536-0311. Vouchers can be picked up at a Tomahawk location also.

10 Healthy Foods You May Not Be Eating

Cranberries—Best For Fighting Alzheimer's - Potent source of antioxidants that boost blood flow to the brain and have also been shown to slash heart attack and stroke risk. May also help to fight off gum disease by preventing plaque buildup. *Note* - pass on the sugary dried variety and opt for fresh berries, buying frozen when fresh is unavailable.

Fennel - Best for Improving Bone and Joint Health - From bulb to seed, every part of this veggie is edible and packed with bone-building calcium, magnesium, phosphorus, vitamin K, along with vitamin C, zinc, and iron. (The last three boost collagen, a key component of healthy joints.)

Parsley - Best for preventing breast cancer - Rich in two cancer-fighting antioxidants, apigenin and luteolin. Choose fresh over dried for more antioxidants and use like any other leafy green in salads, smoothies, eggs and grain dishes.

Capers - Best for Reducing Inflammation - By weight, these unopened flower buds have more inflammation-doubling quercetin than any other plant. What's so great about quercetin? Studies show it can lower blood pressure, cut the risk of certain cancers, and reduce arthritis-related pain and symptoms of other conditions related to chronic inflammation.

Kefir - Best for beating depression. This tangy fermented drink packs twice the probiotics of Greek yogurt, offering a bounty of good-for-you-bacteria that can ease symptoms of depression and social anxiety and even stimulate the brain to produce more serotonin. Drinking kefir daily for 6 months has also been shown to improve bone density, lower cholesterol, treat ulcers, and enhance immune system response.

Brazil Nuts - These nuts are the richest food source of selenium. Just one has more than 100% of your daily value for the mineral which is key for healthy thyroid function. Six-eight nuts per week.

The remaining foods are **Mung beans, Sorghum, Split peas, and Cucumber.**

Read the full article online at prevention.com or the August issue of Prevention Magazine.

WALK & TALK ON THE RIVER BEND TRAIL *Last month for this year*



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!

This will be the last month for our Walk & Talk. ***Walkers will receive a pedometer and a drawstring bag, curtesy of Walgreens Pharmacy.***

Please make sure to have comfortable supportive walking shoes. Always check with your doctor before beginning a walking program.

Mondays - Sept. 12th and 26th
Wednesdays—7th and 21st

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 extremely hot,



Golf

September 8th
Merrill Golf Club
1604 O'Day Street
Tee time 9:12am

Call Center to sign up 536-4226



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!

Menu



Meals on the following dates:

September 1 - Chicken Pot Pie

September 8 - Breakfast Casserole

September 22 - Soup

September 29 - Loaded Baked Potato

No meal on Sept. 15th

Summer Fun during our Picnics at
 Riverside Park!



DINNER FOR ONE



Linguine with Shrimp and White Wine

Everyone needs a delicious, 20-minute pasta
 recipe in their repertoire, and this shrimp version
 is sure to become a favorite.

Total Time: 0:20 Prep: 0:10 Level: Easy Serves: 1

Ingredients

2 oz. linguine

1 tbsp. cold butter

1 clove garlic

1/3 c. dry white wine - *optional*

1/4 lb. large shrimp - (*Not a seafood lover? Substitute Italian Sausage*)

1/2 tsp. fresh lemon juice

Coarse salt and ground pepper

fresh parsley leaves

crushed red-pepper flakes - *optional*

Directions

1 In a large saucepan of boiling salted water, cook pasta until al dente.

2 Meanwhile, in a small nonstick skillet, melt half the butter over me-

di-um. Add garlic and pinch of red-pepper flakes; cook until fragrant,

1 minute. Raise heat to medium-high; add wine. Cook until reduced

by 1/3, about 1 minute. Add shrimp and season with salt and pepper;

cook until opaque throughout, 1 to 2 minutes. Remove skillet from

heat; swirl in lemon juice and remaining butter. Add pasta and toss to

combine. Serve topped with parsley.

Source: <http://www.delish.com/cooking/recipe-ideas/recipes/a14913/linguine-shrimp-white-wine-recipe-mslo0211/>

Courtesy: Martha Stewart

