

# MERRILL ENRICHMENT CENTER

## August 2020

### Hours

Monday, Tuesday & Thursday 8am - 4:30pm  
Wednesday 8am - 7:00pm  
303 N. Sales Street  
715-536-4226

**ALL AGES WELCOME**

Follow us on Facebook; Merrill Enrichment Center



TAKE  
ME I'M  
FREE!

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### Mission Statement

Dedicated To Enhancing Lives and  
Bringing Generations Together

#### Core Values

Include, Encourage,  
Volunteer, Create



#### MEC Team

L to R: Tammie,  
Vicki, Stephanie

We want to thank you all for your patience and understanding. Together with our committee and outside agencies we are deciding on best practices at this time of uncertainty. These are very difficult decisions. We are working diligently on creating ways to socialize in a safe manner. We miss all of you and look forward to the days we can get back to doing everything we all love to do.

Tammie

We will *continue* to allow a maximum of 50 participants in our Expo area in a given timeframe. We are fortunate to have two spaces to work in; the MEC space will allow a smaller number of people for activities.

**\*Please note this could change at any time\***

If you have ANY symptoms of COVID-19 you should not be in the building or anywhere in public.

**PLEASE WEAR A  
FACEMASK TO  
PROTECT YOURSELF  
AND OTHERS**



If you do not have a facemask, we will have them available at our front desk. **You are required to wear a facemask when entering and exiting the building, when using restrooms, or when shopping in our craft shop.**  
(When participating in a class, your facemask may be removed IF you maintain safe distancing)

We will consistently maintain safe physical distancing and sanitizing practices.

Some activities and classes will require sign up by calling the Center at 715-536-4226.  
We will have limits on class sizes.

### Gigi's Exercise classes

**No sign up required for Chair Yoga or S&B  
10am Mon. & Wed.**

### ENRICHMENT CENTER COMMITTEE MEETING

August 20th at 3:15

MEC Conference Room for members  
Public invited to call in: +1 401-753-9586 PIN: 413727433

Meetings will be held the 3rd Thursday of each month in the MEC Conference Room unless otherwise noted.

#### Committee Members

Laura Bertagnoli (Chair), Paul Russell (Aldersperson),  
Gene Bebel, Rose Akey, Sharon Harvey,



Merrill Expo Center  
303 N. Sales St.  
August 6th, 2020  
8am - 5pm

**APPOINTMENT REQUIRED (800) 280- 4102**

Donors Receive a MASH t-shirt, lunch & refreshments, & entry to win 1 to 3 technology packages!

**COVID-19:** Follow this link to learn how we're keeping you safe:  
<https://www.communityblood.org/covid-19-blood-donation/>

# Positivity Page

We're all in this together! 2020 has turned out to be a troubling year. COVID-19 has disrupted all of our lives. This new page is dedicated for all of us (together) to find ways of coping. We will share positive quotes, articles, resources, fun activities and more.



## Staying Calm in a Changing World

Full article can be read in [Prevention magazine June 2020](#)

As the coronavirus outbreak has taught us, crisis is a powerful teacher. On both the global level and a personal one, we've learned a great deal about our strengths and our weaknesses. One thing that's a challenge for most people is handling the constant change. "We are wired to crave familiarity and predictability—those give us comfort," says Massachusetts General Hospital clinical psychologist Stuart Ablon, Ph.D. Anxiety can surge with any sort of change, but as we've seen, living in the middle of a pandemic amplifies life's uncertainties.

**The good news:** No matter where you are in a crisis— in the middle, at the end, or thinking about whether there's another one to come— there are ways to feel more secure and protect your mental health. Here are key actions you can take today:

### Refine Your Self-Care

Although many people may still think of "self-care" as indulgence— bubble baths, goblets of wine—it's really more about the ways in which you take care of yourself, and those can vary, says Christine Carter, Ph.D., "Self-care is about creating a foundation that supports you so you can support others," Carter says. "Look at what truly makes you feel nourished and healthy, build on that." That might mean having art supplies on hand, buying a bike so you can get outside and exercise more often, creating a space in your home that's yours alone for working or reading, or beginning a meditation practice. Recognizing what self-care means to you will give you the internal resources to face changes, Carter says.

### Think Through What You Need

The COVID-19 situation likely made you very aware of the gaps in communication, health care supplies and other resources you need to feel secure. Chances are you've at least started to fill most of these, but now may be a great time to really get a handle on that. That can help your physical *and* mental wellness.

For example, it's good to have on hand at least a 30-day supply of all your medications, a list of what they are and how often you take them, and your medical history in printed form so you won't be scrambling for the info when you need it.

We've also learned how crucial remaining connected to others is for our mental health. Find out if you have the ability to access a telehealth service, and learn to use video talk services for both medical and personal calls. Have a written (not digital) list of contact numbers for your doctor, family members and friends.

### Embrace The Unknown

The fact is that we don't know what's ahead, either on a global scale in the years to come or for ourselves in the next few days. What we know for sure is that being open to our discomfort and unfamiliarity can make us feel calmer, Ablon says, because that makes us more adaptable and flexible when it comes to change.

You can prepare using the advice here, but Ablon suggests that it's also important to acknowledge that you can't prep for everything, and that's OK. "when you stop trying so hard to maintain control of every situation, when you see change as a behavior or attitude or habits, some things can happen," he says. "Remember that you're not alone. Everyone is trying to handle these huge shifts the world is throwing at us. You're doing the best you can, and that's enough."

## TRUST THE WAIT.

Embrace the uncertainty.  
Enjoy the beauty of becoming.  
When nothing is certain,  
anything is possible.

MANDY HALE

# Class Offerings

## Painting with Amy

Amy is an acrylic painting instructor. Her business is Create A-Way Paint Parties and Therapeutic Arts.



**August 18th  
8:30am-12:30pm**

Bring a snack if you like. You will leave the class with your art creation!

Choices are a 12x16 canvas for \$18 or a 16x20 canvas for \$28  
(Price includes MEC activity fee)  
Class Minimum of 4, maximum of 6, no experience necessary.  
Please call the Center to register.

## Cricut Class Learn, Make, & Take



We will be working on "Print & Cut" and will be making labels and a card.

**August 11th at Noon  
Cost \$10**

Whether you have been using your Cricut for years or just beginning, this will be the class for you.

Join Karen and Chris for Cricut Class where we will make a craft using a Cricut cutting machine. They each have 10+ years experience and are looking forward to sharing ways to use your Cricut machine!

Give the Center a call if you have any questions about this class or any of our offerings or activities.  
Please call to register, space is limited to 715-536-4226

## Grandparents Day is September 13th!

Kit comes with your choice of: A mug, stein or coasters with paint (to be painted and baked). Also included is a blank card and envelope.

**Craft kits to go!**

Kits are \$5 each  
Supplies are limited.

Call 715-536-4226 to reserve and schedule a pickup time.



## Oil Painting w/ Dennis

Dennis has been painting for years, and looks forward to sharing what he has learned with others.

**August 13th  
9:00-2:30**

(Bring lunch or snacks as we will be taking a break)

**Cost \$33**  
(Price includes MEC activity fee)

Please call to register.  
Class limit is 5.



## Door hanger craft



Join us to craft a wooden circle into a fun door hanger.

**August 27th at 10:00am  
Cost \$12**

We will have different options for sayings...  
(Hello, Welcome, or Family name)

Please call 715-536-4226 to register, space is limited.

# Activities

## PUNCH CARDS AVAILABLE !

Punch cards available for the following activities:  
**Yoga, Strength & Balance and Cards/Book Club**



Stop by the front desk to purchase your card!

### Activity fees

**\$2 activity fee for playing cards or attending book club**  
**\$3/day fee**

This fee allows you to take advantage of multiple activities in one day rather than paying a separate fee for each.  
*If a craft class meets multiple days, the \$3 covers each day.*



## Self-Directed Volunteer Teams

A Self-Directed Volunteer Team™ is a multi-skilled group of volunteers who share responsibilities for addressing a challenge or opportunity in their community.

Through time, the team is empowered to take full responsibility for its own functioning and for results. *Adapted from National Council on Aging (2008)*

\*Teams will initially work closely with The MEC Director and Staff for training and direction.

### Opportunities

- \* Intergenerational after school activities
- \* Food For Kids
- \* Craft show
- \* Outdoor floral and plant arrangements
- \* Party organization
- \* Event set up and cleaning
- \* Newsletter delivery (volunteers/sub list)
- \* Thanksgiving Dinner
- \* Christmas Joy

Please call or stop in to sign up. 715-536-4226

## BUS TRIPS

This year has been a whirlwind for all of us. Each month we are faced with having to make difficult decisions. Sadly, Lily will not be on the road for the remainder of the year.

We hope to get Lily out next year for many great adventures.



Please stay safe and well.



## Book Club

**August 18th at 1:00pm**

Newcomers always welcome.

The group meets the *third* Tuesday of each month at 1:00pm.

## Upcoming Books

**Aug** - The Goldfinch - *Donna Tartt*

**Sept** - A Man Called Ove - *Fredrik Backman*

**Oct** - Jeeves and the King of Clubs - *Ben Schott*

**Nov** - Sing you Home - *Jodi Picoult*

**Dec** - Book of your choice—anything Christmas

- ♥ Newsletter Delivery
- ♥ Sip & Swipe Coach
- ♥ Quilting, tying & sewing



Anyone need to unload unused fabric? We need clean fabric for backing quilts. We also make pillow cases, walker bags and welcome any other ideas to help out our community!

**Call us (715-536-4226) or stop in to learn how you can give back to your community!**

## Scheduled Card Games & Times

**All of the following games will resume at a later date. We are sorry.**

**Thank you for your understanding.**

<b>Hand &amp; Foot</b>	Mondays at 12:00pm
<b>Bridge</b>	Mondays at 12:00pm
(bring your team of four or call to get on a sub list)	
<b>Sheephead</b>	Tuesdays at 1:00pm
<b>Cribbage</b>	Wednesdays at 10:00am
<b>Mah Jongg</b>	Wednesdays at 1:00pm

# Brain Fitness

## Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

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

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DIFFICULTY: ★★☆☆

## ENIGMA™ CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. *Hint: "G" = "U"*

"EMJ VJBLPJI DYYV ZLXEJO MXO  
PYPOJPOJ XP WJEEJL VBPTGBTJ  
EMBP EMJ GPVJBLPJI, WGE OEXVV  
'EXO PYPOJPOJ.'" – WJPHBQXP DLBPFVXP

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E020

### The Olden Days

Grandpa was telling his young grandson what life was like when he was a boy.

"In the winter, we'd ice skate on our pond. In the summer, we would swim in the pond and pick berries in the woods. We'd swing on an old tire my dad hung from a tree on a rope. And we had a pony we rode all over the farm."

The little boy was amazed and sat silently for a minute. Finally, he said, "Grandpa, I wish I'd gotten to know you a lot sooner!"

Answers on Pg. 11

# Fitness



## Chair Yoga Instructor Gigi Heinz Every Monday 10:00 - 10:45

Our \$3 daily activity fee covers class cost.

Gigi is a certified Yoga Therapist with over 20 years experience leading group health, fitness, and yoga. Join Gigi for 45 minutes of gentle stretching, breathing, and relaxation.

All yoga will be supported with a chair.

You will be encouraged to listen to your body and only move in ways that make your body happy!

Yoga can reduce pain for people with arthritis, back and neck pain, and other chronic conditions like fibromyalgia. Yoga can reduce stress through breath and relaxation which helps lower blood pressure, and heart rate, improve digestion, ease symptoms of anxiety, depression, fatigue, and insomnia. Yoga helps increase strength in both muscles and bones, improves circulation for better brain and heart health and improves mobility & flexibility to help you enjoy more activities.



## Welcome Back to our Pound Family! Strike Zone POUND with Lindsey

Wednesday nights 6:00pm \$5.00 per class  
Please enter through East Doors

No Class  
Aug. 26th

POUND is a full body workout that combines cardio, conditioning and strength training with yoga and Pilates inspired moves. With use of Ripstix, or lightly weighted drumsticks, POUND transforms drumming into an incredibly fun way to work out! Designed for all fitness levels, provides an atmosphere for letting loose, getting energized, tonin' up & rockin' out!

Instead of watching the clock during a workout, your mind will be distracted to focus on rhythm and volume.

The distraction is responsible for the addictive-ness, making you come back for more!!



## NEW CLASS OFFERINGS WITH GIGI THROUGH DECEMBER

**Mondays 8:15-9:30 Yoga Strength**  
**Wednesdays 8:15-9:30 Mat-based yoga mixed level**

**Three 8 week sessions** available

1. July 6th - August 29th
2. August 31st - October 24th  
(no class on Labor Day Monday)
3. October 26th - December 19th

### Mondays: Yoga Strength

A mat-based yoga practice designed to build strength, improve flexibility and balance. Strong focus on proper alignment. Modifications offered.



### Wednesdays: Yoga Mixed Level

A mat-based, moderate level class, with options offered to increase or decrease amount of challenge. Modifications offered.

**Please bring your own mat, blankets, & weights.**

### Student fees

8 week session, one class per week is \$80, two classes per week is \$144, carry over only at discretion of Gigi. Drop- ins are \$12.

**Registration & payments handled by Gigi.**  
**Register via text or call 715-297-6540.**  
**Payments will be either cash or check and collected the first day of class.**



### Strength & Balance Every Wednesday 10:00 - 10:45

Instructor Gigi Heinz

Join Gigi for a Strength & Balance class where *all exercises will be supported by or with a chair.*

**Our \$3 daily activity fee covers class cost.**

*(One example of what we do with our activity fees applies to this class. We are able to pay the instructor's hourly fee from our activity fund.)*

**Would you like to:** Reduce the symptoms of osteoarthritis, diabetes, osteoporosis, back pain, and depression? In addition, strength training can help you manage your weight, improve balance, help you sleep better, increase strength and muscle mass, improve glucose control, and promote more independence. **All levels are welcome.** Gigi will offer modifications as needed.

# Craft Shop



Journals make great gifts!

**Craft Intake** Tuesday 8:30 – 4pm or by appointment only... please call to schedule.

**Craft Shop Hours** Mon., Tue., & Thur. 8am - 4:30  
Wed. 8am-7pm



JUST IN!  
NEW JEWELRY  
CRAFTER



# Health, Mind, & Body Wellness



**Sip & Swipe Café®**  
August 25th & 26th  
9:00-11:00 am  
Call to register 715-536-4226

The Merrill Enrichment Center is excited to be offering this program through Generations on Line, a 19-year-old grant-funded, national nonprofit.

### What is a Sip & Swipe Café®?

It is a place where older adults can get free self-paced lessons on how to use a tablet. A coach works with learners to provide support and answer questions.

### PROGRAM TEACHES

\***The basics** - Tapping a touchscreen, enlarging and shrinking a page, scrolling up and down, where icons/buttons are located, how to get keyboard to appear AND disappear.

### \***Internet Safety and Searching**

\***Communicating** – **texting, video-calling, email** by either getting a Gmail account (or if learner has an email account how to access on tablet).

\*How to use **YouTube, the camera, attaching photo to email, apps** (what are they, how to download them and how to delete).

**Volunteers needed to help Coach these sessions.**

**Please call 715-536-4226**

## Mind & Body Wellness Course

**Instructor Tammie Mrachek - MEC Director**  
**September 9th, 16th, 23rd, 30th from 9am-Noon**  
**Call now to sign up. 715-536-4226 Seats are limited.**

**There is no cost for this Course. Funding**  **provided by Security Health Plan.**

The MEC with the financial support of Security Health Plan is excited to offer Mind & Body Wellness!

The goal of this program is to provide participants with educational material and activities designed to promote brain health, ultimately empowering people to lead a healthy lifestyle and remain independent.

Emphasis will be placed on the growing evidence that lifestyle choices like nutrition, exercise, mental activities, and social activities can positively impact your brain health and reduce the risk of dementia.

The program will combine fun and educational mind games to challenge participants to keep their brains active. In addition, we will learn how easy it is to make healthy meals, snacks, and desserts.

Finally, we will participate in 10 minute exercises that are easy to incorporate into your daily routine, including yoga, meditation, walking, and strength exercises.

## Health Online: Finding Information You Can Trust

Two Session Offerings: **August 13th - 10am and 1pm**



Classes will be offered **virtually or in-person.**

Call to register **715-536-4226**

**No cost**

*Participants must be 18 years or older*

Interactive workshops on how to navigate and feel confident searching for health information online. Participants will use iPads or Chromebooks, provided by Wisconsin Health Literacy, to follow along and try web searches during the workshop.

### **Discussion topics include:**

- \* Initial search – discovering sources of reliable information
- \* Scanning information on webpage – scanning online information in order to find quick facts and relevant information
- \* Evaluating sources – how to spot unreliable sources, determine the purpose of a webpage, and evaluating a site based on accuracy, authority, bias, currency, and coverage
- \* Finding sites in other languages
- \* Navigating mobile vs. computer – learning the differences in layouts
- \* Internet Access – addressing access for patients, caregivers, students and location-based challenges
- \* Other digital health tools – health portals, wearables, and apps

Participants receive informational materials to take with them, including 2 handouts with presentation highlights, space to take notes, and a checklist to ask questions about websites and find reliable health information.

## It's Never Too Late to Improve Your Health

As we age, we become a little older and wiser. So, why not put some of that wisdom into making healthier decisions? Healthy eating and regular exercise will give you energy and help you lower your chances for developing diseases, such as diabetes and heart disease.

The Weight-control Information Network (WIN), a service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) of the National Institutes of Health, offers the following tips for older adults:

### **Healthy Eating**

- Don't skip meals. Skipping meals may slow down your metabolism or lead you to eat larger amounts of high-fat foods later in the day. To keep yourself on track, eat with a friend or someone whose company you enjoy.
- Eat just enough for you. Do not eat more food than your body will need. Make sure you are consuming enough vitamin D and vitamin B-12, as many seniors have trouble getting enough of these nutrients. Limit high fat and high salt foods. Try to get enough fiber into your diet.
- Prepare meals in advance. Cook ahead, and then freeze meals so that you have easy meals on hand for when you don't feel like cooking.

### **Physical Activity**

- Start with 10 minutes of slower activity, and build up to 30 minutes of more brisk activity.
- Try different types of exercise. Different types of activity benefit your body in different ways. For example, aerobic activity may help you maintain weight and increase your energy, while strength training keeps your muscles and bones strong.
- Be active with family and friends. Having a buddy can help you stay active.

(Courtesy of NewsUSA)

# Support Groups & Community Offerings

## GRIEF SUPPORT GROUP



If you would like to speak with a grief counselor please call us for a contact number.  
715-536-4226

Ascension at Home grief support groups are adult gatherings providing support to individuals who have experienced the death of a loved one. Members have the opportunity to gather in a safe caring environment with other mourners to share memories, discuss current life experiences and grief reactions in an effort to better understand grief and the associated changes impacting one's life. This group is open to an community adult experiencing grief.



**Feeling empty?  
Like no one gets it?  
Not interested in things you  
once were?  
Overwhelmed with life?**

Now more than ever we need the support of others  
August 5th at 1pm  
For your safety and others please wear a facemask.  
We have facemasks available at check-in.

Free support offered with *Ashley Miller*  
For anyone seeking support in dealing with depression  
**For more information contact  
Ashley Miller MS, Mental Health Specialist**  
ashley.miller9@ascension.org

Merrill Enrichment Center  
303 N. Sales Street Merrill, WI 54452  
(Group meets the first Wednesday of each  
month, from 1pm to 2pm)



Serving adults and children who experience domestic violence, sexual assault, elder abuse, child abuse, harassment, stalking and human trafficking.  
**24 hour crisis/support line  
715-536-1300  
Toll free: 1-855-888-9272**

Your journey is yours...we are here to walk with you



## alzheimer's association

A virtual / phone Alzheimer's Association caregiver support group has been set up for the Merrill Enrichment Center via BlueJeans. The virtual support group is scheduled for

Below is the information needed to participate in the virtual / phone gathering.

**Zoom meeting  
August 25th 9 - 10:30am**

To register, people must call the Alzheimer's Association Helpline #: 1.800.272.3900 | 24/7 Helpline  
Instructions will be provided

*Support group will resume at a later date when it is safe to do so  
(Group meets the 4th Tuesday of the month)*

If someone you care about is showing signs of dementia or if they are suffering from Alzheimer's disease or a related dementia, there is something you can do to help them and yourself.

Plan to visit our Alzheimer's Association Support Group. There is no cost or commitment to attend.  
**Call us at 715-536-4226 with questions.**

## T.B. Scott Library



Enjoy the hot summer days, and then come to the T. B. Scott Library to cool off!  
If you prefer not to get out of your car at all, give us a call! We will be happy to set up a curbside pick-up time. You can give us specific titles, authors or genres. We will pull the materials for you, and have them ready when you arrive!  
Please check our website, [www.tbscottlibrary.org](http://www.tbscottlibrary.org), or call us at 715-536-7191 for updates on our Covid-19 policies and hours we are open.

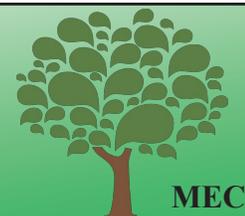
## Brain Fitness Answer

PREVIOUS SOLUTION: "The learned fool writes his nonsense in better language than the unlearned, but still 'tis nonsense." – Benjamin Franklin

### Answer to Sudoku

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

# AUGUST 2020



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3. <b>NEW - Mat-based Yoga Strength 8:15</b></p> <p>Chair Yoga 10:00</p>	<p>4. Walking in Expo All Day</p>	<p>5. <b>NEW Mat-based yoga mixed level 8:15</b> Strength &amp; Balance 10:00</p> <p>Depression support group 1:00</p> <p>Pound with Lindsey 6:00</p>	<p>6. <b>MASH BLOOD DRIVE 8AM - 5PM BY APPT ONLY</b></p> <p>No walking...Expo in use</p>	<p><b>CENTER CLOSED FRIDAYS</b></p>
<p>10. <b>NEW - Mat-based Yoga Strength 8:15</b></p> <p>Chair Yoga 10:00</p>	<p>11. Walking in Expo All Day</p> <p>Cricut Class 12:00</p>	<p>12. <b>NEW Mat-based yoga mixed level 8:15</b> Strength &amp; Balance 10:00</p> <p>Pound with Lindsey 6:00</p>	<p>13. Oil Painting 9:00</p> <p>Health online Presentations 10:00 or 1:00</p> <p>Walking in Expo All Day</p>	
<p>17. <b>NEW - Mat-based Yoga Strength 8:15</b></p> <p>Chair Yoga 10:00</p>	<p>18. <b>No walking...Expo in use</b></p> <p>Painting w/ Amy 8:30</p> <p>Book Club 1:00</p>	<p>19. <b>NEW Mat-based yoga mixed level 8:15</b> Strength &amp; Balance 10:00</p> <p>Pound with Lindsey 6:00</p>	<p>20. <b>No walking...Expo in use</b></p> <p>Committee meeting 3:15</p>	
<p>24. <b>NEW - Mat-based Yoga Strength 8:15</b></p> <p>Chair Yoga 10:00</p>	<p>25. Walking in Expo 8:00-Noon</p> <p>Alzheimer's Assoc. caregiver support Zoom meeting 9:00</p> <p>Sip &amp; Swipe Café 9:00</p>	<p>26. <b>NEW Mat-based yoga mixed level 8:15</b></p> <p>Sip &amp; Swipe Café 9:00</p> <p>Strength &amp; Balance 10:00</p>	<p>27. Walking in Expo All day</p> <p>Door Hanger Class 10:00</p>	
<p>31. <b>NEW - Mat-based Yoga Strength 8:15</b></p> <p>Chair Yoga 10:00</p>	<div data-bbox="402 1648 667 1932" data-label="Image"> </div> <p><b>Together We Can Support St. Vincent de Paul</b>            St. Vincent de Paul is collecting receipts to use with the My HuTerra fundraising app.            We have a box here at the center for collecting receipts. Receipts are scanned and shredded.            If you prefer you can download the app, yourself and select St. Vincent de Paul of Merrill and support them by scanning your receipts or shopping online and earning My HuTerra rewards.</p>			