

MERRILL ENRICHMENT CENTER

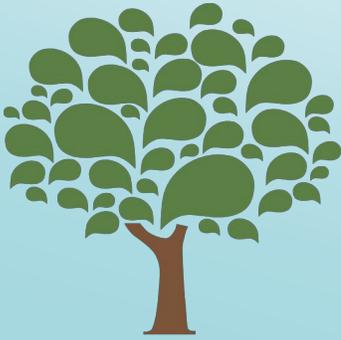
June 2020

Hours

Monday- Thursday 8am - 4:30pm

303 N. Sales Street
715-536-4226

ALL AGES WELCOME



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OUR NEW NORMAL - how does this look?

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 or when shopping in our craft shop.

(When participating in a class, your facemask may be removed)

We will strictly maintain safe social distancing and sanitizing practices.

We will be phasing into fully reopening. We will allow up to 10 people in our space. We are fortunate to have 2 spaces to work in; the MEC and the Expo, so we can have that number of people in both spaces.

All activities and classes will require sign up by calling the Center at 715-536-4226. It will be first come first serve. We will have to limit class sizes to 9 and under.

* Gigi's Exercise classes

Gigi will be offering two of her three classes; Chair Yoga and Strength & Balance; 2 sessions each day. To give everyone an equal chance, each participant will be allowed one class a week/weeks depending on how many people want to sign up.

We thank you for your patience as we navigate through Phase One. We look forward to Phase Two which should return us to near normal operation.

All weekly games will resume at a later date when determined to be safe.

Mission Statement

Dedicated To Enhancing Lives and Bringing Generations Together

Core Values

Include, Encourage,
Volunteer, Create

MEC Team

Quarantine Pics from our homes



Tammie & Sammy



Vicki & Fender



Stephanie & Daphne



ENRICHMENT CENTER COMMITTEE MEETING

June 18th at 3:15

via conference call

Join by calling 470-326-6598 pin 404 904 254

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,
Rev. Lucas Williams, Jennifer Clark -ADRC Rep.

Donations

Your generosity is deeply appreciated!

- ♥ Amanda Hopkins for donating Sewing machines!
- ♥ Charmain Storm for the precut quilt top squares
- ♥ Heather Jean for a beautiful quilt top
- ♥ Cheryl Johnson for Quilt squares

Thank You

Bus Trips

BUS TRIPS

Our trips are on hold at this time. We hope to get the bus out exploring our beautiful State by August.

Thank you for your understanding and patience as we all try to adjust to our new normal. Our first priority is keeping everyone safe!

Each person will receive the bus trip guidelines when signing up. Besides the lunch trips, bus trips are generally between 6 to 8 hour days, full of exciting excursions! There are 13 seats available per trip. *Prices will vary per trip. Payment is due upon signing up.*

We always welcome bus trip ideas or suggestions, keeping in mind that we stay within two hours from the center.

LUNCH BUS - LEAVES AT 10:30AM RETURNS AROUND 1PM

* **Larson's Famous Clydesdales –Ripon, 9am-4:30 Cost is \$35 (includes cost of show)**

* **Crafters Get Away - 8am-4:30pm Cost \$20**
Brubaker Sewing & Furniture, Lunch, Bolts of Fun Quilt Shop,
Pine Hollow Quilting & Variety Store.

Bus Trips for 2020

Give us a call at 715-536-4226 and let us know if you are interested in any of the following trips.

Possible new trips-

- Allen F. Blocher Planetarium – Stevens Point
- NEW Zoo- Green Bay **8:30am-4:00 \$20**
- Stevens Point Sculpture Park-Stevens Point
- Marieke Gouda- Thorp
- Half Moon Hill Farm and Winery

Past trips that we could do again-

- Green Bay Botanical Gardens-Green Bay
- Pirates Hideaway- Eagle River
- Mornin' Sunshine Farm/Grotto Gardens/Rudolph Cheese Factory
- Wisconsin Veteran's Home-King/ Clearwater Harbor-Waupaca
- The Highground Veterans Memorial Park-Neillsville
- REGI-Antigo
- Crafters Outing
- Three Lakes Winery-Three Lakes
- Brigadoon Winery-Tripoli



LONELY LILLY



Green Bay-Botanical Gardens



Eagle River– Pirate's Hideaway



Antigo– Raptor Education Group

Class Offerings

Painting with Amy

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



**June 23rd
9am-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.

Spring/Summer Quilt Raffle

We are extending our Spring Quilt Raffle!

Purchase your tickets by calling the Center at 715-536-4226 Or messaging us on Facebook to win this beautiful twin quilt and matching pillow case!



You can pay for your tickets (cash/ check) and pick up curbside.

Tickets are \$1 each or
6 tickets for \$5
Drawing July 1st at Noon

Oil Painting w/ Dennis

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



**June 11th
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.

Cricut -Make, Take & Learn Class



**June 16th at 12:00pm
Cost- \$10**

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

Join Chris and Karen 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!

This month we'll be making a "Welcome" sign similar to the one pictured here.

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



Stained Glass with Stephanie

In this 2 day class, Stephanie will be showing us how to score, cut, grind, tape and solder glass to make these beautiful butterflies! There will be different color options.

**June 29th & 30th
\$10 per butterfly**

12:30-2:30

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.

Book Club

June 16th at 1:00pm

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



Upcoming Books

June– The bread givers– Anzia Yezierska

July– The lace makers secret–Kathleen Ernst



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



- ♥ **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

****Card games will resume at a later date.****

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

Do you know someone who can teach and share their talents? We have been compiling a list of suggestions from participants and are looking for instructors, if you have any questions give us a call 715-536-4226 we'd love to chat with you!



Classes & Clubs

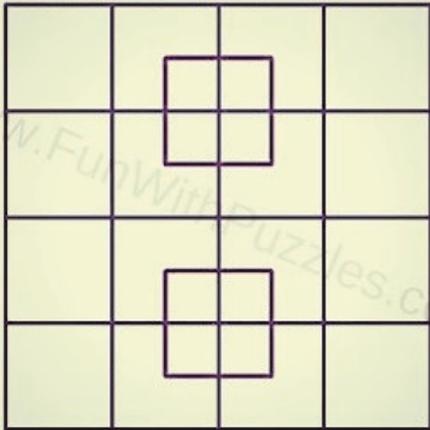
Knitting Club
 Cooking/Baking Class
 Dance Class
 Wood burning Class

Activities

Bunco
 Cribbage Tournament

Brain Fitness

HOW MANY SQUARES DO YOU SEE?



CAN YOU TELL ME?

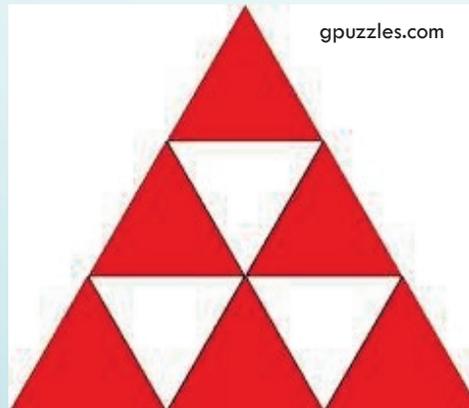


What occurs twice in a week, once in a year but never in a day?

gpuzzles.com

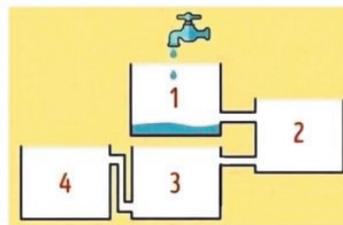
ANSWERS ON PAGE 10

How many Triangles?



WHICH TANK WILL FILL FIRST?

gpuzzles.com



ASSUMPTIONS -

1. AIR PRESSURE IS SAME ON ALL TANKS
2. FLOW RATE OF WATER POURING IN TANK 1 THROUGH TAP IS EQUAL TO THE WATER GOING OUT THROUGH THE OPENING

Fitness

Please call to reserve your time for all classes on this page. We are limited to the number of people in the building at this time.



Chair Yoga

Instructor Gigi Heinz

Every Monday

10:00 - 10:45 am & 11:15- 12:00 noon

Our \$3 daily activity fee covers class cost.

- * Class size limit is 9
- * Call to sign up
- * 2 time offerings

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.



Strike Zone POUND with Lindsey

We will keep you posted as to when classes will resume

Wednesday nights 6:00pm \$5.00 per class

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 OFFERING!

Classes will resume at a later date

Cardio Club with Gigi

This class will be *low impact, low intensity* cardio & strength class.

Duration is 45 minutes; Warm-up, Cardio, Strength and cool-down.

Thursdays at 1:30 pm

Cost is \$5



Strength & Balance

Every Wednesday

10:00 - 10:45 am &

11:15- 12:00 noon

Instructor Gigi Heinz

- * Class size limit is 9
- * Call to sign up
- * 2 time offerings

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? Then this class is for you! 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 as we get older!

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

We will begin class with a warm-up, move into strength and balance for all major muscle groups, and end with stretching. **All levels are welcome**, Gigi will offer modifications as needed.

Walking in Expo - available days on back calendar

Thank you for your patience and understanding as we ease back into our offerings.

Please see available days on calendar. One hour increments will be available. Please call to schedule a time. We will allow a maximum of 10 people within each hour.

Please check in at the front desk.

No activity fee for walking.

PLEASE BRING WALKING SHOES to change into when you enter the building.

The floor can be slippery when wet.

Thank you for your cooperation.



Craft Shop

We are ready to restock the shop!



Purse/Hair scarf w/
matching jewelry

Craft Intake Tuesday and Wednesday 8:30 – 4pm
By appointment only... please call to schedule.

Craft Shop Hours Mon., Tue., Wed. & Thur. 8am - 4:30
By appointment only. Please call to schedule.

MEC Quilting Room

So what really happens in our Quilting Room?

We consider our quilting room as community outreach. The quilting room consists purely of Volunteers who dedicate endless hours to help the MEC help others.

Our first line of outreach focuses on taking care of people in local nursing homes/assisted living, the MAC house, hospitals, and local benefits/fundraisers including Relay for Life, Merrill Optimists, etc... After all local organizations needs are met, we extend our reach to King veteran's home, Marshfield Clinic Children's hospital, Cancer Centers, and many more.

We accept requests from organizations and do our best to accommodate each one depending on time and materials. However, we need to share that *a request does not guarantee a quilt.*

HOW IS THE QUILTING ROOM FUNDED?

Funding is purely by donations and grants. If our quilters find time to make a few extra quilts we sell them by raffle or in our craft shop to raise money. The money raised is then put back into our fund to continue our outreach.

We are blessed to have a very dedicated group of quilters! Without them, we would not be able to continue this wonderful outreach program.



Roselyn (quilter) with John B coordinator of the Crown Royal annual raffle.

Health, Mind, & Body Wellness



Sip & Swipe Café®

JUNE 24TH & 25TH
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

Health Online: Finding Information You Can Trust



Coming in July
Call to register 715-536-6510
No cost

Participants must be 18 years or older

Interactive, hands-on 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.

Mind & Body **Wellness Course**

Instructor Tammie Mrachek - MEC Director

July 1, 8, 15, 22 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 Merrill Enrichment Center 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 spend time in the kitchen learning 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.

Brain Fitness Answers from page 6

- *How many squares? 40
- *How many triangles? 13,
- *Can you tell me? The letter 'E'



*Which Tank will fill first? Both 3 & 4

Explanation:

- The water in tank1 will get filled up to the connectivity of tank1 and the tank2 and then it will start flowing to tank2.
- The water in tank2 will get filled up to the connectivity of tank2 and the -tank3 and then it will start flowing to tank3.
- The water in tank3 will get filled up to the connectivity of tank2 and the tank3 and then it will start flowing to tank3.
- As the outlet of tank3 and inlet of tank4 are not at the same level, water will continue to fill tank3 till the inlet of tank4.
- Now both the tank3 and tank4 fill simultaneously until both fill together.

Support Groups & Community Offerings

Family Support Group Merrill Enrichment Center Will continue at a later date

(meets second Wednesday each month)

NAMI Northwood's is an affiliate of NAMI, a non-profit organization that provides support, education and advocacy throughout the Marathon, Lincoln and Langlade counties in Wisconsin on behalf of individuals and families affected by mental illness.



**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

Support offered via email with Ashley Miller
For anyone seeking support in dealing with depression

Cost: FREE

**For more information contact
Ashley Miller MS, Mental Health Specialist**
ashley.miller9@ascension.org

Groups will resume at a later date at the
Merrill Enrichment Center
303 N. Sales Street Merrill, WI 54452
(Group meets the first Wednesday of each month, from 1pm to 2pm)



GRIEF SUPPORT GROUP

Support group will continue at a later date

**If you would like to speak with a grief counselor please
call us for a contact number.**

**Enrichment Center Conference Room
303 N. Sales St., Merrill**

(Group meets the second Thursday of the month)

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 memoirs, 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 a community adult experiencing grief.



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
Tuesday, June 23 (9-10:30 AM).**

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

To join the meeting on a computer or mobile phone
Copy the link below into your browser
<https://bluejeans.com/473400176>

To join the meeting by phone only
Dial 1.855.203.2730 (US Toll Free)

Join as a participant
Meeting ID: 473 400 176#
Press *4 to mute and unmute your phone.

**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

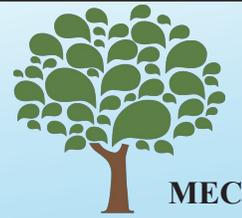
T.B. SCOTT FREE LIBRARY
HIGHLIGHTS during COVID19 Pandemic:

- Library curbside delivery by appointment is now in place and underway. The Library has added a pick-up location for Federal and State income tax forms. A table will be set up near the book drop slots during current library hours of operation.
- 2020 Seed Library takes on a new look this year with an online order form located at the library's website, www.tbscottlibrary.org, or by calling the library 715-536-7191. Seeds will be delivered curbside by appointment.
- 2020 Summer Library Program will take on a new look this year. Watch for details provided here in the FotoNews, on the Library's website, and through social media.

For additional questions or concerns, please call the Library at 715-536-7191. Also, please check the Library website for additional information, www.tbscottlibrary.org.



2020



Monday	Tuesday	Wednesday	Thursday	Friday
1. Chair Yoga 10:00 & 11:15	2. Walking in Expo Call to schedule a time	3. Strength & Balance 10:00 & 11:15	4. Walking in Expo Call to schedule a time	CENTER CLOSED FRIDAYS
8. Chair Yoga 10:00 & 11:15	9. Walking in Expo Call to schedule a time	10. Strength & Balance 10:00 & 11:15	11. Oil Painting 9:00 Walking in Expo Call to schedule a time	
15. Chair Yoga 10:00 & 11:15	16. Cricut Class 12:00 Book Club 1:00	17. Strength & Balance 10:00 & 11:15	18. Walking in Expo Call to schedule a time Committee meeting 3:15	
22. Chair Yoga 10:00 & 11:15	23. Paint w/ Amy 9:00 *Virtual/ Phone* Alzheimer's Association caregiver Support group (details on pg. 11) 9:00	24. Sip & Swipe 9:00 Strength & Balance 10:00 & 11:15	25. Sip & Swipe 9:00 Walking in Expo Call to schedule a time	
29. Chair Yoga 10:00 & 11:15 Stained Glass 12:30	30. Stained Glass 12:30	<p>Walking in Expo will be available on days noted. Times will vary based on other activities. *There will be no walking before or after activities.</p> <p>Call to schedule a time. Times will be in one hour increments.</p> <p>We will allow 10 people at a time.</p>		