

# MERRILL ENRICHMENT CENTER

## November 2020

### Hours

Monday-Thursday 8am - 4:30pm

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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MEC Team

L to R: Tammie, Vicki, Stephanie

### Mission Statement

Dedicated To Enhancing  
Lives and  
Bringing Generations  
Together  
Core Values  
Include, Encourage,  
Volunteer, Create



We are Thankful for:

- \* Our **community** working together through possibly one of the most difficult situations many of us have faced.
- \* Our **participants** for their support and understanding of the necessary changes to our programming. We will get back to normal in 2021!
- \* Our dedicated **volunteers** who we could not survive without. You help us in our mission of enhancing lives!
- \* Our **instructors** who provide activities that enrich our minds and bodies!

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**



You are required to wear a facemask at all times.

If you do not have a facemask, we will have them available at our front desk.

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.**

**POUND with Lindsey is back on Wednesday nights at 6pm! Come when your schedule allows, No sign up needed! See pg. 7 for more info.**



Thank you goes out to Carol W., Johanna A. and Karen Z. for their donations to our Quilting room.

### Annual Thanksgiving Day Dinner

Provided by The MEC and St. Stephens  
United Church of Christ



See page 3 for details

### ENRICHMENT CENTER COMMITTEE MEETING

November 19th at 3:15

MEC Conference Room for members

Public invited to call in: 302-751-6150 PIN: 437 588 011

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.

# 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.

Always believe that something wonderful is about to happen.

GIVE THANKS FOR ALL OF THE OPPORTUNITIES THAT EVEN OUR STRUGGLES BRING.

NEVER LET THE THINGS YOU WANT MAKE YOU FORGET THE THINGS YOU HAVE

## GRATITUDE LOG

### *Celebrate gratitude*

LIST FIVE THINGS YOU'RE GRATEFUL FOR

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_
5. \_\_\_\_\_  
\_\_\_\_\_

### *People I'm grateful for*

LIST THREE PEOPLE THAT MADE YOUR LIFE HAPPIER

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### *Hard lessons I've learned*

LIST THREE CHALLENGES AND WHAT YOU'RE LEARNING FROM THEM

1. \_\_\_\_\_  
What I'm learning \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
What I'm learning \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
What I'm learning \_\_\_\_\_  
\_\_\_\_\_

### *Greatest memories*

RECALL AND WRITE YOUR FONDEST MEMORIES

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# MEC Community Outreach

## THANKSGIVING DINNER

For over 30 years, the Enrichment Center and local churches have provided a Thanksgiving Day dinner to our community.

**Our Thanksgiving Day Dinner is changing this year due to COVID.**

**All meals will be either delivery or carry-out.**

**We will follow strict safety standards while preparing and delivering the meals.**



**Reservations Required!**

*(no walk-ins)*

**ALL reservations must be made by calling the Merrill Enrichment Center (715-536-4226) by November 19th**

**CARRY-OUT  
OR  
DELIVERY  
ONLY**

**Carry out or Pick-up: Merrill Enrichment Center  
303 N. Sales St., Merrill, WI.**

**When: Thanksgiving Day, November 26th**

**Cost: Goodwill donation to St. Stephens Church**

For the health and safety of our community....

**No Dine-in meal  
this year**

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

Last year we provided over 300 meals!

## CHRISTMAS JOY

**Please call  
536-4226  
Deadline is  
Dec. 16th**

### Christmas Joy Deliveries

For the 22nd year, the Merrill Enrichment Center will deliver meals to *those spending the holidays alone.*

*If you or someone you know will be alone over the holiday, please call the Merrill Enrichment Center at (715-536-4226).*



**Delivery Date: December 22nd**

*You must be home to receive the meal.  
We are not able to leave food unattended.*

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

*This wonderful program has continued because of the kind hearts and generous donations from our community.*

***We are grateful for those who donate to make this possible!***

Donations to Christmas Joy can be dropped off or mailed to the MEC.

303 N. Sales St., Merrill, WI 54452

# Classes & Activities

**Painting with Amy**

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

**November 17th  
8:30am-12:30pm**

You will leave the class with your art creation!

Watch our Facebook page to see what we'll be painting



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.



**Book Club**

**November 17th at 1:00pm**  
Newcomers always welcome. The group meets the *third* Tuesday of each month at 1:00pm.

**Upcoming Books**

**Nov** - Sing you Home - *Jodi Picoult*  
**Dec** - Book of your choice—anything Christmas

**Stained Glass**

In this class, Stephanie will be showing you how to score, cut, grind, tape and solder glass to make beautiful artwork!

You choose which piece you'd like to make, options are a bird or a geometric pattern.



**November 24th  
9:00am or 12:30  
Cost \$20**



Call 715-536-4226 to register, space is limited.

**Cricut Class  
Learn, Make, & Take**



**We will be working on glass etching.**

**November 17th 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 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. 715-536-4226

**Walking in Expo  
available days on back calendar**  
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.

**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

# Craft Shop



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

**Craft Shop Hours**  
Mon., Tues, Thur. 8am - 4:30  
Wednesday 8am-7pm



Beautiful  
Wool  
Pillows!



We have lots of  
new hats in stock!



# Fitness & Wellness



## 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.

## Ping Pong

MEC now has a Ping Pong table!

We are excited to be able to offer some more physically distanced fun.

**NEW!**

Times will be available on Monday and Wednesday afternoon and all day on Tuesday and Thursday (unless otherwise noted on the back calendar)



If you are interested in coming in to play Ping Pong give us a call at 715-536-4226 to reserve a time.

## Strike Zone POUND with Lindsey



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

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**

*8 week sessions* available  
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.*

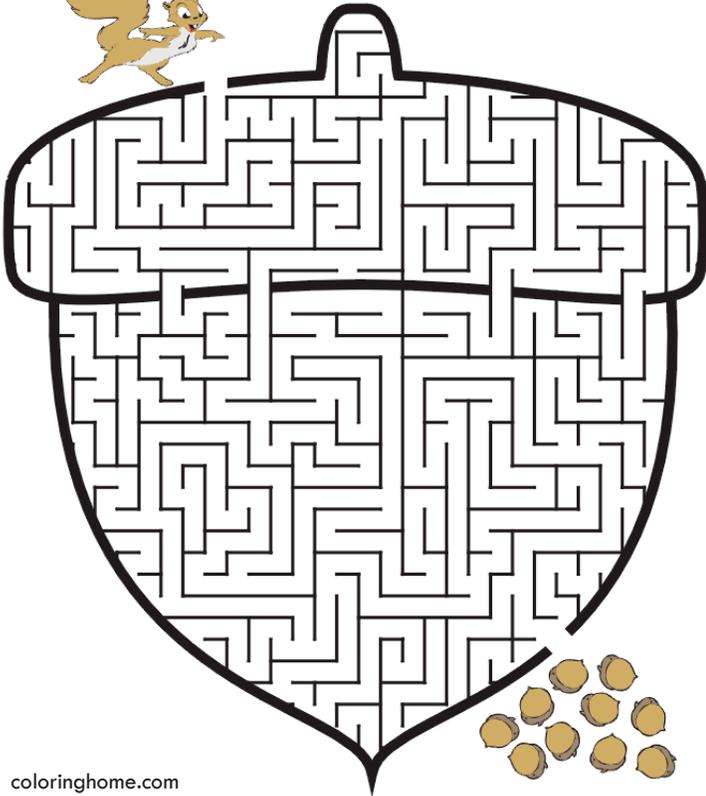
**Our \$3 daily activity fee covers class cost.**

*(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.

# Brain Fitness

Help the squirrel through the maze to find its acorns



coloringhome.com

## ENIGMA™ CRYPTOGRAM

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

"GWANA LO KU JLMMUF OU OUQG TO T  
ZMATN ZUKOZLAKZA."

— QNAKZW JNUHANE

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### Case Cured

A woman went to the doctor's office. She was seen by one of the new doctors, but after a few minutes in the examination room, she burst out and ran screaming down the hall.

An older doctor stopped and asked her what the problem was, and she explained. He had her sit down and relax in another room.

The older doctor marched back to the new doctor and demanded, "What's the matter with you? Mrs. Smith is 63 years old with four grown children and seven grandchildren, and you told her she was pregnant?!"

The new doctor smiled smugly as he continued to write on his clipboard and said, "Cured her hiccups though, didn't it?"



#1

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

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

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DIFFICULTY: ★★☆☆☆

#2

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

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

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DIFFICULTY: ★★★★★

# Health, Mind, & Body Wellness

## Thanksgiving Recipe

Skip the potatoes and try this delicious roasted cauliflower recipe!

It's fantastic with or without the gravy.

### INGREDIENTS

1 large head of cauliflower  
4 tbsp. melted butter, divided  
Kosher salt  
Freshly ground black pepper  
4 whole cloves garlic (skin-on)  
4 leaves fresh sage  
4 sprigs fresh thyme  
4 sprigs fresh rosemary



### FOR THE GRAVY

4 tbsp. butter  
1/2 onion, finely chopped  
4 oz. cremini mushrooms, finely chopped  
1 tsp. freshly chopped sage  
1 tsp. freshly chopped rosemary  
1 tsp. freshly chopped thyme  
3 tbsp. all-purpose flour  
2 to 4 c. low-sodium vegetable broth

### DIRECTIONS

Preheat oven to 450°. Put cauliflower in a large oven-safe skillet, rub all over with 2 tablespoons of melted butter, and season with salt and pepper. Arrange garlic and herbs around cauliflower. Bake until cauliflower is tender and slightly charred, brushing with remaining 2 tablespoons melted butter halfway through, 1 hour to 1 hour 30 minutes. (Pierce cauliflower with a paring knife to check if it's ready.)

### MAKE GRAVY

In a small saucepan over medium heat, melt butter. Add onion and cook, stirring until soft, 5 minutes. Stir in mushrooms and herbs and season with salt and pepper. Cook, stirring, until mushrooms are soft and golden, about 4 minutes. Add 1 or 2 cloves of the roasted garlic (skins removed), breaking up cloves with a wooden spoon. Stir in flour and cook 1 minute, then whisk in 2 cups of broth and bring mixture to a boil. Reduce heat to low and simmer until mixture has thickened to your desired consistency, 5 minutes. (Add more broth if desired.) Serve cauliflower with gravy if desired.

## Brain fitness answers-

### Sudoku #1

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

### Sudoku #2

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

Cryptogram- "There is no pillow so soft as a clear conscience"

## Chair Exercises

No matter what age we are, exercising is very important, especially for those of us who may be over the age of 65.

Whether we enjoy it or not, exercising on a regular basis continues to keep our body moving and functioning properly as we age. Without getting up and entertaining our muscles with movement, we reduce our chances to age healthfully. Here are a few examples of Chair exercises you can do at home.

### Knee Extensions— try 2 or 3 sets of 8-12 reps

1. Sit comfortably in the chair with the hips as far back as possible. Ensure that the back is firm to the backrest of the chair.
2. Keep the core (abs and lumbar) tight. Stick the chest out.
3. Place both hands at the sides of the chair and grip the seat to keep stable.
4. Keep both legs at a 90-degree angle with the chair.
5. Extend one leg in front of the body up in the air until full extension is made. Keep the other leg in its original position for stability.
6. Slowly draw the one leg back to starting position.
7. Repeat for both legs to count as one set.



### Neck turns— try 3 to 5 sets of 20 -30 seconds

A stiff neck is highly uncomfortable. If a person isn't getting proper sleep because of pain in their neck, or can't rotate their head easily then stretching it might improve the discomfort.

1. Sit comfortably in the chair with the hips as far back as possible. Ensure that the back is firm to the backrest of the chair. Secure the core by keeping the back upright and the spine straight. Keep both feet flat on the floor.
2. Keeping in this position, rotate the head to either the left or right until feeling a gentle stretch. Keep in this position for 20-30 seconds.
3. After the time passes, rotate to the opposite direction.



### Seated Overhead Stretch— try 3 to 5 sets of 10-20 seconds

1. Sit comfortably at the edge of the chair. Secure the core by keeping the back upright and the spine straight. Keep both feet flat on the floor. Keep the hips and lower body in this stable position.

2. Place both hands on the hips.
3. Slowly, raise both hands from the hips over the head, interlocking both hands at the top.
4. Gently arch the back inward, pushing the stomach out – causing a stretching in the abdomen.
5. Hold this position for 10-20 seconds then release to starting position.



Full article can be found -<https://californiamobility.com>

# Support Groups & Community

## GRIEF SUPPORT GROUP

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



## DEPRESSION SUPPORT

Free support offered!! Nov. 4th 1pm

For anyone seeking support in dealing with depression. For more information contact Ashley Miller MS, Mental Health Specialist. [ashley.miller9@ascension.org](mailto:ashley.miller9@ascension.org)

alzheimer's association®

## ALZHEIMERS ASSOCIATION SUPPORT

Visit [alz.org](http://alz.org) or 1.800.272.3900 | 24/7 Helpline to register for support groups and programming.



NAMI (National Alliance on Mental Illness)

<https://www.naminorthwoods.org/>

NAMI Northwoods is 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.

Information Phone: (715) 432-0180 (not a crisis line)

HelpLine: 1-800-273-8255

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



The Energy Assistance Program is available through Lincoln County Social Services.

Call 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 assist with heating bills/WPS bills, too.

## Powerful Tools for Caregivers

Powerful Tools for Caregivers Caregiving can be a challenge, but it's easier when you are prepared. If you are helping a spouse, partner, parent, or friend with things like: medications, grocery shopping, doctor visits, laundry, or household chores, this workshop is for you. Learn how to take care of yourself while caring for someone else. By taking care of your own physical, emotional and financial needs, you become a better caregiver. Workshop includes book, The Caregiver Helpbook. Meets weekly for six weeks for 1 3/4 hours.

Virtual Workshop Session Dates :  
Wednesdays, November 4-December 16  
Time: 1:00pm-2:45pm



(No class week of Thanksgiving, November 25)  
Contact the ADRC-CW at (715)261-6070



This month at the library, stop in to view the "Immigrant Journeys" Exhibit. It is currently scheduled to be on display in the Carnegie Wing from 11/2 – 11/13. This project was developed by the Wisconsin Humanities in partnership with Centro Hispano of Dane County with funding from the National Endowment for the Humanities and the Alumni Circle of Wisconsin Humanities. We are in the works of developing an online discussion forum, but have no dates set as a result of the pandemic. Please call us for updates at 715-536-7191

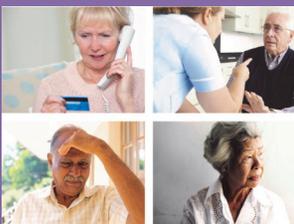
Are you looking for something to do at home with the family? Do you have an elderly adult living with you? We have *Time to Reminisce Memory Kits* available for check out. These kits are designed for caregivers who are caring for people experiencing memory loss or for those just wishing to stroll down memory lane. However, we have found that the entire family can enjoy these kits. We currently have 8 different kits available for check out. These include:

- #101 That's Entertainment
- #102 Trains-All Aboard
- #103 Sewing Up Memories
- #104 Growing Memories While Gardening
- #105 Tinkering with Tools
- #106 Cultivating Memories on the Farm
- #107 Lassie Come Home
- #108 Curl Up with a Kitten

We get new material every month. That includes books, audio books, magazines, DVDs, and music CDs. Don't forget that we can get material from other libraries, too!

Have a safe and happy Thanksgiving from all of us at the T. B. Scott Library!

## Protect Wisconsin's Seniors, Report Elder Abuse.



Elder Abuse can be verbal, physical, emotional, sexual or financial. It can also be intentional or unintentional neglect.

Unfortunately, Elder Abuse is a growing problem in Wisconsin, negatively impacting the lives of our senior citizens and their families.

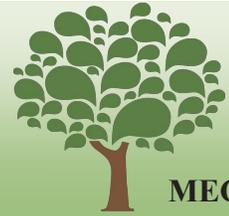


If you feel that you are victim of Elder Abuse or you believe it has been inflicted upon someone you know or love, REPORT IT!

Call the Wisconsin Elder Abuse Hotline  
1-800-586-0107  
or visit [ReportElderAbuseWI.org](http://ReportElderAbuseWI.org)

# November

# 2020



MEC

Monday	Tuesday	Wednesday	Thursday	Friday
2. Mat-based Yoga Strength 8:15  Chair Yoga 10:00  Walking in Expo 12:00 - 4:00	3. Walking in Expo All day	4. Mat-based yoga mixed level 8:15 Strength & Balance 10:00  Free blood pressure screening- Merrill FD 9:20-10:00 Depression Support 1:00 Pound w/ Lindsey 6:00	5. Walking in Expo All day	CENTER CLOSED FRIDAYS
9. Mat-based Yoga Strength 8:15  Chair Yoga 10:00  Walking in Expo 12:00 - 4:00	10. Walking in Expo All Day	11. Mat-based yoga mixed level 8:15 Strength & Balance 10:00  Walking in Expo 12:00 - 4:00 Pound w/ Lindsey 6:00	12.  Walking in Expo All Day	
16. Mat-based Yoga Strength 8:15  Chair Yoga 10:00 Walking in Expo 12:00 - 4:00	17. Walking in Expo All day Paint w/Amy 8:30 Cricut Class 12:00  Book Club 1:00	18. Mat-based yoga mixed level 8:15 Strength & Balance 10:00  Walking in Expo 12:00 - 4:00 Pound w/ Lindsey 6:00	19. Walking in Expo All Day  Committee meeting 3:15	
23. Mat-based Yoga Strength 8:15  Chair Yoga 10:00 Walking in Expo 12:00 - 4:00	24. Walking in Expo All Day Stained Glass 9:00 & 12:30	25. Mat-based yoga mixed level 8:15 Strength & Balance 10:00  Walking in Expo 12:00 - 4:00 Pound w/ Lindsey 6:00	26. 	
30. Mat-based Yoga Strength 8:15  Chair Yoga 10:00  Walking in Expo 12:00 - 4:00				