

MERRILL ENRICHMENT CENTER



October 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 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**



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.**

Please see page 7 for new classes from Gigi!

Join us for some Halloween BINGO

Yes, we can physically distance while playing BINGO!



Costumes encouraged!

We'll have 1st, 2nd & 3rd place winners!



Oct. 29th at 10:00am

Cost \$5

(Includes treat bags "to go")

Must call to sign up 715-536-4226, space is limited.

ENRICHMENT CENTER COMMITTEE MEETING

October 15th at 3:15

MEC Conference Room for members

Public invited to call in: 419-684-0258 PIN: 697 859 403 #

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.

Staying positive when times are tough is easier said than done. You may find yourself spiraling into negative self-talk patterns, or unable to think of good things that are happening in your life. However, learning how to be positive — especially during difficult times — can help you mentally and physically.

“Pessimistic people have more medical challenges,” clinical psychologist Dr. Michael Osit, Ph.D. tells Woman’s Day. “Staying positive is crucial for being healthy and having a high quality of life.” These mental and physical health benefits include longer life spans, better resistance to the common cold and cardiovascular disease, and lower rates of depression.



The first step to being positive is actually acknowledging that you’re in a difficult place.

“Trying to convince yourself that you aren’t feeling down can actually make you feel worse,” clinical psychologist Dr. Jaclene Jason, PhD tells Woman’s Day. Once you’ve accepted that something is wrong, you’re ready to start addressing it.

These seven strategies can help put you on the road to positive thinking.

Be mindful (when you can) -Mindfulness can come in all shapes and sizes. “A lot of people have this misconception that they need to be still and have a blank mind to practice mindfulness, or that they need to spend an exorbitant amount of time on it,” Dr. Jason says. “Instead, I encourage patients to build mindfulness moments for themselves throughout the day.” Instead of feeling like you can only be mindful if you do an hour-long meditation in a candlelit space, work to intersperse it throughout your day. Jason notes that listening to an upbeat song or podcast that takes your mind out of a negative space can be very helpful to making you feel more grounded and centered.

Surround yourself with positivity -To stay positive, it’s important to surround yourself with positive people. Dr. Osit recommends “limiting or eliminating relationships that bring out the worst in you. Eliminate optional, negative people from your life, and if it’s a relative that’s hard to completely get rid of, set limits in that relationship.”

Engage in soothing activities -It’s important to do activities that can be relaxing and allow you to momentarily get your mind off whatever difficult time you’re going through. “We can have two different things going on at the same time in our lives. For example, we can experience stress, and we can also have one hour of our day where we’re focusing just on yoga,” Dr. Jason says. Participating in an activity that comforts you can be more than just an hour of recreation; it can allow you to gain perspective and re-center yourself.

Imagine the worst-case scenario -To cope with a difficult time, it can be helpful to envision the worst-case scenario. “It’s usually not as bad as you think,” Dr. Osit says. “Keeping perspective is key. During emotional times, thoughts and feelings can become magnified and irrational, which can cause you to be negative and anxious. So you have to maintain perspective, and challenge irrational thoughts with factual evidence.” In other words, imagine the worst, and then challenge it with rational thinking.

Get active -Staying active can help put you in a better headspace. Studies show that even working out for as little as ten minutes a day can help you feel more positive. “Whether it’s taking an exercise class or even just taking the stairs instead of the elevator, getting up and moving can make you feel happier and decrease negative thinking,” Dr. Jason says. Even smaller bouts of activity, like taking a stretch break from your desk, can help you reset.

Take control -Knowing you have agency in situations can help you feel more like you’re driving the car, and less like a helpless passenger. “When people are able to take control, it empowers them and makes them feel more positive, instead of like a victim,” Dr. Osit says. “To be positive, you need to accept both intellectually and emotionally what you can’t control. When there’s acceptance of that, you’re less conflicted.” Recognize and control the factors that you can, and accept whatever it is you can’t.

Train yourself to be optimistic -You can train yourself to be more positive. Although we’re all born with a certain temperament, incorporating the above techniques to feel more optimistic can help you feel more grounded when difficult times arise. “I think we’re all set up with a genetic component. But you can train yourself, with certain limitations, to react and think differently during hard times. While certain people have a larger capacity to do that than others, we’re all able to change,” notes Dr. Osit.

You won’t see a dramatic change overnight, but by slowly adding in these positive mindset techniques, you may find yourself handling adversity better than ever.

Womansday.com

Class Offerings

Painting with Amy

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

October 20th
8:30am-12:30pm
Bring a snack if you like.
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.

Cricut Class Learn, Make, & Take



We will be working on review of functions and Print & cut

October 20th 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.
715-536-4226

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 pumpkin or a geometric pattern.



October 27th
9:00am
or
12:30pm

Cost \$20



Please call to register, space is limited.

Door Hanger Craft

Simply blessed, Happy Fall,
Welcome, Hello ?

Join us to paint a wooden circle with a saying of your choice! The main focus of the class is the painting. We have limited options of ribbon, feel free to bring your own ribbon and/or floral and we can help you create a beautiful piece!



October 13th at 1pm
Cost \$10

Please call to register, Space is limited

Wine Cork Pumpkin

Come and make this fun fall decoration with us!

Super simple & super cute



October 8th at 10:00am
Cost \$8
(All supplies included)

Call 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

October 20th at 1:00pm

Newcomers always welcome.

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

Upcoming Books

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

Nov - Sing you Home - *Jodi Picoult*

Dec - Book of your choice—anything Christmas

New!

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

Volunteers needed! Quilting, tying & sewing

We are currently working on a large number of quilts for outreach and would welcome volunteers to help.

Call for details.

Anyone need to unload unused fabric? We need clean fabric for backing quilts. We 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!



Thank you goes out to Jim Blair for the delicious garden veggies for our participants!

Thank you to the ladies who donated fabric for our quilting room! We appreciate your support.

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.

A twenty minute walk, or about 2,000 steps equal a mile.

Here are just a few benefits of walking:

- * Walking is good for the heart.
- * Increases metabolic rate.
- * Boosts memory.
- * Improves mood.



Scheduled Card Games & Times

All of the following games will resume at a later

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

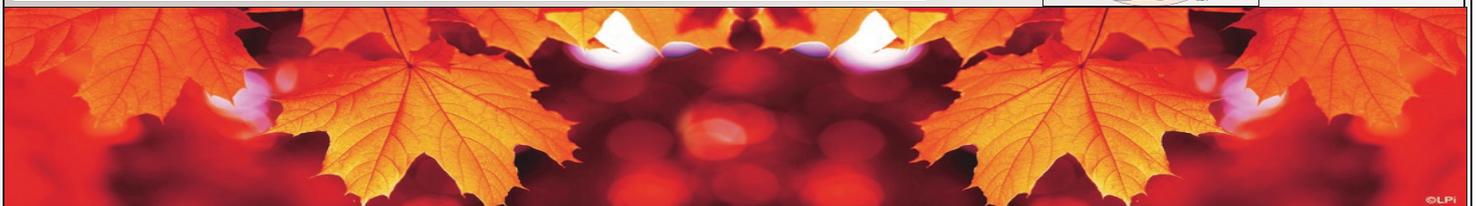
Brain Fitness

T U R K E Y U M C S N I K P M U P I
 U T S E V R A H W O B O U N T Y F S
 E S I N R I S D M O O H A Y R I D E
 A O O P Z S R A E P R L T S A E F L
 V R S E L P P A E E G C G H O S T S
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 T T I S S T U N T S E H C R K A A T
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 R R U G C R F S C A L D O B A L E C
 R T E S W E A T E R S E F C X R S O
 S T H A N K S G I V I N G E Z Q C O

Word List:

- | | |
|--------------|-------------|
| APPLES | AUTUMN |
| CHESTNUTS | COBWEB |
| COOL | CORNUCOPIA |
| ELECTIONS | FALL |
| FOOTBALL | FROST |
| HALLOWEEN | HARVEST |
| MAIZE | NOVEMBER |
| PEARS | PIE |
| SCARECROW | SCARF |
| THANKSGIVING | TREES |
| BOUNTY | BRISK |
| COLORS | COLUMBUS |
| COSTUMES | CRANBERRIES |
| FEAST | FOLIAGE |
| GHOSTS | GOURDS |
| HAYRIDE | LEAVES |
| NUTS | OCTOBER |
| PUMPKINS | RAKE |
| STUFFING | SWEATERS |
| TURKEY | VETERANS |

LPI



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

Please stay tuned to our Facebook page for scheduling updates. *Classes may return in October.*

Wednesday nights at 6pm. \$5 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 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
August 31st - October 24th
(no class on Labor Day Monday)
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



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

Craft Shop Hours Mon.- Thur. 8am - 4:30



MEC ANNUAL FALL CRAFT SHOW UPDATE

Much like everything else in 2020 our Fall Craft Show has been canceled. We are hopeful and optimistic that we'll be able to host our Spring Craft Show in April of 2021. In the meantime we hope you will continue to support our local crafters.

Health, Mind, & Body Wellness

Fall Quinoa & Cranberry Salad

Gluten free, nutrition-packed salad featuring broccoli, quinoa, cranberries, and walnuts.



Prep Time: 15 minutes,

Cook Time: 20 minutes, **Servings:** 6

1 1/2 cups vegetable or chicken broth
1 cup uncooked tri-colored quinoa
1/3 cup Ocean Spray® Craisins® Dried Cranberries
1 cup fresh broccoli, cut into small pieces
2 tablespoons parsley, chopped

For the Candied Walnuts:

1 tablespoon butter
1 cup walnuts or pecans, chopped
2 tablespoons granulated sugar
2 tablespoons brown sugar
Pinch of salt

For the Dressing:

4 tablespoons extra virgin olive oil
4 tablespoons lime juice
1/4 cup Ocean Spray® Craisins® Dried Cranberries
1 large garlic clove
Salt and pepper to taste

- In a medium saucepan, bring broth to a boil. Add quinoa and cover and lower heat to simmer. Cook for 10-12 minutes. Add Craisins® Dried Cranberries and cook for an additional 2 minutes. Remove from heat and fluff with a fork. Set aside to cool.
- Line a baking tray with parchment paper and set aside.
- In a medium saucepan, melt butter over medium heat. Add nuts, sugar, brown sugar and salt and sauté for 5-6 minutes. Pour nuts onto lined tray and separate pieces. Set aside to cool.
- In a food processor, add olive oil, lime juice, Craisins® Dried Cranberries, garlic, salt and pepper. Blend until well incorporated.
- Combine quinoa, broccoli florets, parsley and dressing and toss well. Top with candied nuts and serve immediately.

For more creative cranberry recipes visit:

<https://www.oceanspray.com/Recipes>

Mind & Body Wellness Course

Instructor Tammie Mrachek - MEC Director

Oct. 7th, 14th, 21st & 28th 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.

Sip & Swipe Café®



**Oct. 20th & 22nd
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 20-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



Moving Forward during COVID-19

Deciding who, when, & how

Are you trying to decide when to start seeing family and friends again or engage in public events during COVID-19? To help individuals and families think through these choices, Extension's Life Span Program has developed a decision guide.

Access the guide here: <https://go.wisc.edu/w0dwxs>
or contact your Extension office at
715-539-1072 for a printed copy.

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!! Oct. 7th 1pm

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

alzheimer's  association®

ALZHEIMERS ASSOCIATION SUPPORT

Visit 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. Call the office at 715-539-2666 for details.

The ADRC-CW is excited to announce virtual (on-line) options for many of our workshops!

Nervous about taking a class online? No worries, we can walk you through all of the details, it actually is very simple. Workshops have either an individual or group check-in, a week before the class starts, to practice logging on and muting and unmuting.

To Register for ADRC workshops:

Call: 1-888-486-9545

Email: adrc@adrc-cw.org

Website: www.adrc-cw.org

Program Cost: Call the ADRC-CW for suggested donation



Living Well with Chronic Conditions - Put Life Back in Your Life! Managing your health starts with taking care of yourself. **Living Well workshops** offer you a hands-on opportunity to discover solutions that work with your life, and your health concerns. Classes are for adults with an ongoing health condition like arthritis, high blood pressure, cancer, depression, heart disease and many others. With mutual support, you can build confidence to make new choices and feel better. You set your goals and put new problem-solving skills to work in your own life.

Workshop includes book, Living a Healthy Life with Chronic Conditions.

Meets weekly for six weeks for 2 ½ hours.

Pre-Session Check-In: Thursday, October 8 1pm-2:00pm

Workshop: Thursdays, October 15-November 19 1pm-3:30pm



The leaves and temperature may be falling, but we're heating up at the library with new materials for you to check out! And speaking of temperatures, have you heard of a **Thermal Imaging Camera**? This is our newest addition to the **Library of Things** here at T. B. Scott Library. A thermal camera detects differences in temperature, and can be used for:

- Preventive maintenance on a home
- Check an auto engine
- Heating and cooling troubleshooting
- Mold and moisture leaks
- Animal health

Come to the 3rd floor of the library to check it out and see what other interesting items we have in our

Library of Things!

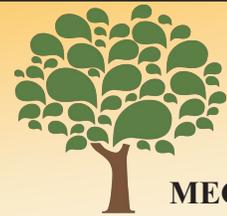
We are always getting new material throughout the library including books, audio books, magazines, DVDs and music CDs. We are here to help you. Give us a call at 715-536-7191 or check out our website: www.tbscottlibrary.org.



OCTOBER



2020



MEC

Monday	Tuesday	Wednesday	Thursday	Friday
			1. Walking in Expo All day	CENTER CLOSED FRIDAYS
5. NEW - Mat-based Yoga Strength 8:15 Chair Yoga 10:00 Walking in Expo 12:00 - 4:00	6. Walking in Expo All Day	7. NEW Mat-based yoga mixed level 8:15 Mind & Body 9:00 Free blood pressure screening- Merrill FD 9:20-10:00 Strength & Balance 10:00 Depression Support 1:00 Walking in Expo 12:00 - 4:00	8. Wine Cork class 10:00 Walking in Expo All Day	
12. NEW - Mat-based Yoga Strength 8:15 Chair Yoga 10:00 Walking in Expo 12:00 - 4:00	13. Walking in Expo All day Door hanger class 1:00	14. NEW Mat-based yoga mixed level 8:15 Mind & Body 9:00 Strength & Balance 10:00 Walking in Expo 12:00 - 4:00	15. Walking in Expo All Day Committee meeting 3:15	
19. NEW - Mat-based Yoga Strength 8:15 Chair Yoga 10:00 Walking in Expo 12:00 - 4:00	20. Walking in Expo All Day Paint w/Amy 8:30 Sip & Swipe Café® 9:00 Cricut Class 12:00 Book Club 1:00	21. NEW Mat-based yoga mixed level 8:15 Mind & Body 9:00 Strength & Balance 10:00 Walking in Expo 12:00 - 4:00	22. Walking in Expo All day Sip & Swipe Café® 9:00	
26. NEW - Mat-based Yoga Strength 8:15 Chair Yoga 10:00 Walking in Expo 12:00 - 4:00	27. Stained Glass 9am & 12:30pm Walking in Expo All Day	28. NEW Mat-based yoga mixed level 8:15 Mind & Body 9:00 Strength & Balance 10:00 Walking in Expo 12:00 - 4:00	29. Halloween Bingo 10:00 Walking in Expo 1:00 - 4:00	