MERRILL ENRICHMENT CENTER

September 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!

Inside This Issue:

Positivity Page 2
Class Offerings 3
Activities..... 4
Brain Fitness 6
Fitness..... 7
Craft Shop..... 9
Health, Mind, & Body Wellness 10
Support Groups & Community Offerings .. 11
Calendar..... 12

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 BINGO fun!
Yes we can physically distance while playing BINGO!
Sept. 17th at 10am Cost $2
Please call 715-536-4226 to sign up

ICE CREAM FLOAT 'SOCIAL'
or shall we say 'socially distanced'
Sept. 10th starting at 12:30pm
Drive-thru. Limited outdoor seating available.

MUST CALL TO SIGN UP by 4:30 on Sept. 9th.
Donations appreciated for outreach programs

ENRICHMENT CENTER COMMITTEE MEETING
September 17th at 3:15
MEC Conference Room for members
Public invited to call in: 419-684-0258 PIN: 697 859 403 #

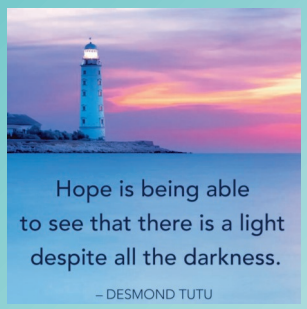
Meetings will be held the 3rd Thursday of each month in the MEC Conference Room unless otherwise noted.

Committee Members
Laura Bertagnoli (Chair), Paul Russell (Alderperson), 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.

Gratitude Is About Attitude



Taking time to smell the flowers may seem cliché, but being grateful while rushing through the daily grind or disappointments in life may be a good way to begin the day.
It isn't easy to be grateful all the time, especially when navigating through life's challenges, but learning to be grateful for even the smallest things in our lives — and living in the moment and noticing all the reasons to be thankful — can do wonders for mental health and make it more bearable to get through the tough times.
It is understandable when seniors are overwhelmed with the adverse aspects of their lives, such as the loss of loved ones, diminished health, and little to do after a lifetime of caring for children or navigating a busy career. These things can take a toll on a senior's feeling of self-worth and mental health. Countless articles about striving for happiness abound, but being happy is not a one-size-fits-all cure.

Gratitude Benefits

Many studies demonstrate that gratitude has a distinctively influential connection between health and happiness, and for seniors, it can be a means to cope with dark days. Practicing gratitude is easy to do once the individual begins to make a habit of it — and the benefits can be enormous.

The list is long but some of the many benefits of living a grateful life include:

- More contentment
- Strengthened relationships
- Greater happiness
- Increased energy
- Better sleep
- Increased spiritualism
- Improved health

Develop an Attitude of Gratitude

While encouraging seniors to be grateful is great, being grateful together is much more powerful and effective. When we collaborate with elderly loved ones or friends, it benefits everyone. While aging can be challenging and often devastating, it can be a wonderful time in life, with the help of some simple tools to maneuver through the challenges. Gratitude is a great tool that can make a difference in the senior's quality of life. Think about developing a habit of practicing gratitude with an elderly person. The results may be surprising and life-changing!

- List three things you are grateful for each day. This quickly puts life into perspective.
-Send thank you cards to old friends, family, acquaintances, or caregivers, thanking them for their care and friendship.
-Keep a gratitude journal to help focus on the wonderful aspect of the day and to provide a reference for those times when life is hard.
- Say thank you when you wake up. A new day is never promised, so being grateful every morning starts the day off on the right foot.
-Find the light in the dark. Think of the good during the bad times to help refocus your attitude.
-Take a few minutes each day to focus on gratitude. It can be through prayer, meditation, or just thinking about who or what makes you grateful. Try to keep a regular time so it becomes a habit.
-Share your life by volunteering and giving your time and talent to benefit others. No matter our age, we all have talents we can share!

The Power of Practicing Gratitude

At any age, life is challenging, so everyone can benefit from having a grateful heart. Pain, loneliness, feelings of abandonment, and struggling with usefulness can be debilitating for seniors. But being grateful every day for small things can make the pain easier to handle. Learning to appreciate all we have at any given time can help boost our mood and turn a bad day around.

©LPi

Class Offerings

Painting with Amy

Will be back in October.

Wreath Class

Learn to make a beautiful wreath to decorate your wall or door!
Karen will be teaching us step by step, and you will be able to take your wreath home with you!

September 16th at 1pm
Cost $25

Bring along a centerpiece of your choice.

Please call to register.
715-536-4226

Cricut Class
Learn, Make, & Take

We will be working on cutting fabric and will be ironing it on a bag

September 8th 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

Intergenerational Activity Kits

Craft kits to go!

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.

Kits are $5 each
Supplies are limited.

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

(Grandparent's day is Sept. 13th)

Fall Décor Craft

This craft can be done in class or you can purchase a kit and instructions to make it at home.

September 29th at 10:00am
Cost $12

We will have different options for sayings…
Welcome, Happy Fall, Hello fall, etc..

Please call 715-536-4226 to register.
Space & kits are limited.

Stained Glass

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

September 24th
9am OR 12:30pm

Cost $15

Space is limited, please call to register 715-536-4226

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

New!

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

September 15th at 1:00pm
Newcomers always welcome.
The group meets the *third* Tuesday of each month at 1:00pm.

Upcoming Books

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!

Thank you goes out to Nicole Woller, Nancy Kwiesielewicz, Jim Blair and our local United Health Care for their donations and support of the MEC.

Scheduled Card Games & Times

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

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

The Slacker

A company, feeling it was time for a shake-up, hired a new CEO. This new boss was determined to rid the company of all slackers. On a tour of the facilities, the CEO noticed a guy leaning on a wall. The room was full of workers, so the CEO thought this was his chance to show everyone he meant business.

The CEO walked up to the guy and asked, "And how much money do you make a week?"

Undaunted, the young fellow looked at him and replied, "I make $200.00 a week. Why?"

The CEO then handed the guy $200 in cash and screamed, "Here's a week's pay.
Now GET OUT and don't come back!"

Feeling pretty good about his first firing, the CEO looked around the room and asked, "Does anyone want to tell me what that slacker did here?"

With a sheepish grin, one of the other workers muttered, "He was the pizza delivery guy."

Birds

Yuckles.com

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

WORD LIST

ROBIN	BLUEJAY	WOODPECKER
CROW	CARDINAL	OWL
FINCH	HUMMINGBIRD	SPARROWS
EAGLE	HAWK	PURPLE MARTIN
VULTURE	HERON	PELICAN
FLAMINGO	LOON	GOOSE
DUCK	SWAN	CHICKEN

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.

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.

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.

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

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

Super Foods for a Nutritious Diet

The health community has long praised the benefits of vitamins and nutrients derived from natural sources. For those looking to improve their health or take preventative measures, these 10 natural super foods can be incorporated into your daily diet to help support your health:

Green Tea – Armed with a special type of antioxidants called polyphenols, green tea can decrease plaque formed in the arteries and can fight prostate cancer.
Rosemary – Studies have shown this powerful spice can reduce the risk of stroke, as well as protect against Alzheimer's disease.
Almonds – Full of plant sterols and amino acids, almonds can help lower high cholesterol and promote muscle growth. These handheld treats are also rich in vitamin E, which can protect skin from sun damage.
Fatty Fish – Rich in omega-3 fatty acids, fatty fish such as salmon, flounder and sardines can lower the risk of heart disease.
Bananas – This easy, portable snack is loaded with essential potassium, which regulates the nervous system. Bananas also offer loads of vitamin B-6, which aids immunity and metabolism.
Whole Grains – These powerful body defenders have been known to boost immunity, protect against various cancers and reduce cholesterol.
Eggs – These energy-packed breakfast favorites contain a special type of protein that helps build muscle strength more than other proteins. When compared to other breakfast foods, eggs can also keep you feeling fuller longer with fewer calories and fat.
Spinach – Chock-full of magnesium, potassium and various vitamins and nutrients, spinach can prevent clogged arteries and protect against prostate and colon cancers.
Soy – This protein-packed food contains isoflavones, which can aid in treatment and prevention of prostate cancer. Also, research from the Food and Drug Administration shows that 25 grams per day can help lessen the risk of heart disease.
Dark Chocolate – Satisfy your sweet tooth and improve blood flow to the brain at the same time. Dark chocolate can also lower blood pressure and increase skin's resistance to UV rays.

Find more health-conscious tips at eLivingToday.com.
(Courtesy of Family Features)

Extension Lincoln County
University of Wisconsin-Madison

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.

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.

Sip & Swipe Café®

September 22nd & 24th
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

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!!

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

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

HAVEN, INC.
HOUSEHOLD ABUSE VICTIMS EMERGENCY NETWORK

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

Together We Can Support St. Vincent de Paul

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.

Yes! We are open!
Please check out our website, www.tbscottlibrary.org, or call 715-536-7191 for our most up-to-date hours, policies, and events. We are in an ever-changing world, and the library is dedicated to change with it.

Did you know that we offer curb side pick-up? If you prefer not to come into the library, we can bring your material right to your car! You can call ahead, and we will set up a pick-up time. Then, we will get the martials you requested ready, and bring them out to you.

If you are physically unable to get to the library, we are offering our home bound services. Just give Donna a call at 715-536-7191, and she will be happy to get you books, magazines, DVDs, music CDs and puzzles. We have a nice selection of large print books.

The library's digital and virtual resources continue to be an option for those more comfortable staying home. Thousands of choices are offered through the Libby app which can be downloaded from the Apple App Store or Google Play.

Do you like to fish, but don't have any equipment? We've got that covered! You can check out a fishing pole and tackle box full of equipment right from the library.
All you need is a fishing license.

2020

MEC

Monday	Tuesday	Wednesday	Thursday	Friday
	1. Walking in Expo All Day	2. NEW Mat-based yoga mixed level 8:15 Strength & Balance 10:00	3. Walking in Expo All day	
7. Center is Closed 	8. Walking in Expo All Day **Cricut Class 12:00**	9. NEW Mat-based yoga mixed level 8:15 **Mind & Body 9:00** Strength & Balance 10:00	10. **Ice Cream 'Social'-ly distanced** **Please call to sign up. See front page for details**	**CENTER CLOSED FRIDAYS**
14. NEW - Mat-based Yoga Strength 8:15 Chair Yoga 10:00 Walking in Expo 12:00 - 4:00	15. Walking in Expo All day Book Club 1:00	16. NEW Mat-based yoga mixed level 8:15 **Mind & Body 9:00** Strength & Balance 10:00 **Wreath Class 1:00**	17. **BINGO 10:00** *Committee meeting* *3:15*	
21. NEW - Mat-based Yoga Strength 8:15 Chair Yoga 10:00 Walking in Expo 12:00 - 4:00	22. Walking in Expo All Day **Sip & Swipe Café®** 9:00	23. NEW Mat-based yoga mixed level 8:15 **Mind & Body 9:00** Strength & Balance 10:00	24. Walking in Expo All day **Sip & Swipe Café®** 9:00 **Stained glass 9:00** **Stained glass 12:30**	
28. NEW - Mat-based Yoga Strength 8:15 Chair Yoga 10:00 Walking in Expo 12:00 - 4:00	29. Walking in Expo All Day **Fall Décor class 10:00**	30. NEW Mat-based yoga mixed level 8:15 **Mind & Body 9:00** Strength & Balance 10:00		