

JULY '22 MEETING MINUTES

Merrill Enrichment Center Committee

Meeting was held on July 22nd, 2022 at 2:15pm

Merrill Enrichment Center Multipurpose Room – 303 N. Sales Street

Present: Rick Blake (Alderperson), Laura Bertagnoli (Chair), Gene Bebel, Sharon Anderson, Rose Akey, Sharon Harvey, Teresa Baker, Jennifer Clark (ADRC representative)

1. Opening

- a. Bertagnoli called the meeting to order.

2. Consent Items

- a. Motion by Blake second Akey to approve June '22 minutes. Motion carried.
- b. Motion by Akey second by Baker to approve June/July '22 vouchers. Motion carried.

3. Public Comment

- a. No public comment

4. Operations

- a. SOAR
 - i. Reviewed complete document. No further changes made.
- b. Upcoming Events/Workshops
 - i. The MEC is excited to host Merrill's First Festival of Quilts. The show will take place in the Expo portion of the Bierman Building on August 5th from 2-7pm and August 6th from 9am-3pm. There will be 106 quilts on display. Admission is \$2 and covers both days, food is available for purchase. Attendees will have the opportunity to vote on their favorite quilts in each category. This event should bring in a large amount of people into Merrill.
 1. The event has been a year in the making and taken a vast amount of planning, organizing, scheduling, and administration. We were excited to form our first self-directed volunteer team. Without them, we would not have been able to have the show.
 - ii. Workshops continue to be offered and are proving to be well attended. August offerings are Genealogy & Estate planning.
- c. Digital Sign Demo.
 - i. Director shared that Optec displays provided a demonstration of a digital sign that we have been looking into for the MEC/Festival Grounds. We have a quote and are now seeking funding for that sign. More updates to follow.

5. ADRC

a. CAREGIVER SUPPORT OPTIONS

i. Support Groups:

1. **Monday DISH:** Virtual Support Group for adults caring for another person who is living with dementia. Group is intended for working caregivers and is typically held on the 1st Monday of the month at 7 pm. (August 1st, September 12th*, October 3rd, November 7th, December 5th)
2. **Caregiver Support Group:** Intended for any adult caregivers that are supporting another adult. Group meets at the ADRC offices in Merrill, Wausau, and Marshfield, but is also available virtually. The group typically meets on the 4th Monday of each month at 10:30am.
(August 22nd, September 26th, October 24, November 28th, December 19th)

ii. Education:

1. Topic Tuesdays - Dementia Basics - This is a basic introduction to dementia. (September 20th, Virtual: 3 pm) (October 18th, in-person in Merrill: 3 pm) (November 15th, Virtual: 3 pm) (December 20th, Virtual: 3 pm)
2. Topic Tuesdays - Brain Health Basics - This is a basic introduction to brain health and some of the lifestyle choices that we can control to improve brain

health. (September 27th, Virtual: 3 pm), (October 25th, in-person in Merrill: 3 pm), (November 22nd, Virtual: 3 pm)

3. Powerful Tools for Caregivers - This is a 6 week class that focuses on the well-being of the caregiver through strategies for improved self-care and stress reduction. Sept. 7 - Oct. 12 from 10:00am - 11:45am, In-person class in Merrill (at the Lincoln County Service Center - 801 N. Sales Street) Sept. 8 - Oct. 13 from 1:00pm - 2:45pm, Virtual class
* Flyer attached.
4. Healthy Living with Diabetes - This is a 6 week class for individuals who are living with type 1 or type 2 diabetes, pre-diabetes or someone who is caring for a loved one with diabetes. Wednesdays, October 26- November 30 from 9:30 am -12:00 pm. Location: To be determined.

6. Discussion

- a. Changes in the City
 - i. Director shared that City Administrator Johnson has resigned and his last day is October 4th. Discussion centered on what is next; interim administrator until a replacement is found along with creating an ad hoc committee comprised of 3 council members including Mayor Hass and 3 citizens. MEC committee asked how these citizens would be chosen. Director stated she did not know at this time.
- b. Topics for next meeting sparked discussion on working with getting young children and older adults together for activities, expanding our coffee and conversation to more topics like Alzheimer's and diabetes, and the possibility of having the MEC bus pick up people from the 3 housing residents and bringing them here for workshops and activities.

7. Adjournment

- a. Motion to adjourn by Blake second by Harvey.

The next meeting date is **September 15th at 2:15pm in the MEC Multipurpose room.**
Vouchers will be available for review 10 minutes prior to meeting time.

Respectfully submitted

TMrachek

Tammie Mrachek, MEC Director