

# The Enrichment Center

## A gathering place for boomers and seniors!



400 Chapple Avenue, Ashland, WI 54806

### A Note from the Executive Director

Happy New Year!!!!!!

We made it through 2021! Who would of thought that we would still be living in the middle of a pandemic. I remember when this first started and we thought, we would only have to worry about this for a couple of weeks. Boy, were we wrong.

Mary, asked me to put this in the newsletter asking for your help. Let's do our part to help make a difference in the lives of these incredible heroes.

### Action steps you can take to help Wisconsin family caregivers be heard!

"Caregiver's Third Job: Navigating the Maze of Systems. Watch this four minute video to meet family caregivers across Wisconsin struggling with difficult, confusing, time consuming paperwork, endless phone calls and follow up e-mails, and other tasks systems push back onto caregivers in order to get the supports the people they are caring for need."

"For many caregivers, interacting with systems is extremely time-consuming and frustrating. When systems aren't oriented around addressing real caregiver problems in real time, it makes it harder on the people already working their hardest. **Watch this video** <https://youtu.be/yF7Hy6wrKQ8>

*Just a reminder when the Ashland School District is closed due to weather then we are also closed. This includes the Ashland County Aging Unit and the Bargain Hut.*



*I hope you all had a wonderful holiday season and here's to the best 2022 ever seen.*

*Until next time.....*

*Danielle*

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The Enrichment Center  
400 Chapple Avenue Ashland, WI 54806  
Phone: 1-715-682-2776 Fax: 1-715-682-0190  
E-mail: [dlgreene745@yahoo.com](mailto:dlgreene745@yahoo.com)  
Hours:  
Monday—Friday 8:00am to 4:30pm  
The Bargain Hut  
1-715-682-8522

### Mission Statement

The Enrichment Center provides a home away from home atmosphere for people 50 or older to meet new friends, participate in activities, exercise and find a comforting and caring environment.

#### Executive Director

Danielle Greene

#### Bargain Hut Supervisor

Hope Engen

#### Janitor

Kevin Greene

#### Tenants of the Enrichment Center

##### Ashland County Aging Unit - 1-715-682-4414

Executive Director—Mel Harvey

Administrative Assistant—Mary Westlund

Clerical Assistant—Mallory Jolma

Benefit Specialist—Amy Janecek

Faith In Action Coordinator

### Board of Directors

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**Our meetings are bi-monthly and held on the third Wednesday of the month at 1:30pm.**

**Everyone is invited to attend.**

**If you would like to become a member of the Board of Directors, please contact Danielle at 1-715-682-2776.**

### Oops, I Goofed

Occasionally there may be an error in days, times, registration dates or fees in the newsletter. When such errors occur, we will do everything possible to correct the situation promptly. We thank you for your patience and understanding when these situations arise.

### We Are On Facebook

The Enrichment Center and the Bargain Hut are on Facebook, so check us out. When you like our pages, you will be able to see photos of our recent events and updates on our activities.

### Membership

Anyone who is 50 or older can become a member of the Enrichment Center, Inc. for a membership fee of \$20.00 a year.

### Check out our Website

Check out our new and improved website at  
**[www.ashlandenrichmentcenter.org](http://www.ashlandenrichmentcenter.org)**



# THE MEMORY CAFÉ

*A place for family, friends and fun!*

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The Memory Café is an opportunity for fellowship for people living with memory loss, Alzheimer's & other related dementias, and their care partners, to enjoy regular social-interaction with others going through similar experiences; to laugh, to learn, and create community.

**3rd Tuesday of every month**

**9:30 AM - 11:00 AM**

**The Enrichment Center**

**400 Chapple Ave. Ashland, WI**

**QUESTIONS? CALL ELLIE:**

**715-682-7004 X 153**

# Prepare for 3G Network Shutdowns

*By the GWAAR Legal Services Team*

If you have an older mobile phone, you may need to upgrade it soon. Mobile providers will be shutting down their 3G networks in 2022, which means that older phones may be unable to make or receive text messages and phone calls, including calls to 911, or use data services. In addition to phones, this may affect some medical devices, tablets, smartwatches, home security systems, and other products that use 3G network services. The 3G network retirement is being done in order to free up infrastructure to support new technology, like 5G.



For more information on your mobile provider's plans to phase out 3G, contact your provider directly. Timing will vary by company. AT&T announced that it will shut down its 3G network by February 2022. Verizon plans to shut down its 3G network by December 31, 2022. T-Mobile will shut down Sprint's 3G CDMA network by March 31, 2022 and Sprint's 4G LTE network by June 30, 2022. The company also announced it will shut down T-Mobile's 3G UMTS network by July 1, 2022. Other mobile providers will be affected, too. Many carriers, like Cricket, Boost, and several Lifeline mobile service providers use AT&T's, Verizon's, and T-Mobile's networks.

It's important to plan ahead so that you don't lose the ability to use your phone or other devices. Some providers' websites have lists of devices that will no longer be supported after 3G networks are shut down. You can also check your phone or other device's settings or user manual to determine whether it is 4G LTE enabled. If your device is not labeled, contact the monitoring company or other service provider to confirm how the device connects and whether your device may be impacted.

Some devices may need to be upgraded while others will just require a software update. Many mobile service providers are offering discounted or free upgrades for people who need to purchase a new device. In addition, some people may be eligible for assistance through two Federal Communications Commission programs. The Lifeline Program provides discounted phone service to qualifying low-income consumers. You can learn more about the Lifeline Program here: <https://psc.wi.gov/Pages/Programs/LifeLineLinkup.aspx>. The Emergency Broadband Benefit Program provides a temporary discount towards broadband service to eligible households during the COVID-19 public health emergency. You can learn more about the Emergency Broadband Benefit Program here: <https://www.fcc.gov/broadbandbenefit>

## Happy Birthday!

Jan. 2nd Josephine Griffiths  
 Jan. 3rd Warren Kehn  
 Jan. 6th Karen Maday  
 Jan. 7th Gordon Newville  
 Jan. 8th Carol Rydberg  
 Lynne Schleicher  
 Jan. 11th Ray Maday  
 Debbie Meintz  
 Jan. 18th Deborah Compton  
 Jan. 23rd Pat Kastern  
 Jan. 24th Rita Barringer  
 Millie O'Leary  
 Jan 27th Cate Sunday  
 Jan. 29th Chuck Meyer  
 Jan. 30th Jim Thompson  
 Jan. 31st Judy Gibson



## Thank You

The Enrichment Center and the Bargain Hut would like to say a big thank you to Mike Freschette for always keeping me on my toes. Gene sure taught you well.



### Advertiser of the Month

This month we are spotlighting Crestview Apartments located in Mellen.

For more information, please call E. Fuller Inc at 1-715-634-2040

**Please Support our Advertisers!**

### Sturgul & Long, S.C. Elder Law Attorneys

Ashland (715) 682-0737  
www.sturgullong.com



Attorney Paul A. Sturgul  
Of Counsel  
Licensed in WI & MI



Attorney Ryan J. Long  
Licensed in WI, MI & MN

Sturgul & Long, S.C. focuses in estate planning, nursing home planning, Medicaid planning, and asset protection. We limit our practice to these areas so we are able to craft sophisticated solutions to even the most complex elder law issues.

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### 1 Bedroom Apartment at Crestview Apartments in Mellen

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Contact E. Fuller Inc. at 715-634-2040 or efullerinc@cheqnet.net

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or (800) 950-9952 x2538



# COVID Policy

## Effective July 1st, 2021

The Enrichment Center and the Ashland County Aging Unit serves a large population of seniors in Ashland and surrounding communities. The health and safety of our participants and staff has been the top priority throughout the pandemic and many factors were considered when determining the best procedures to help meet the needs of all of our visitors. Our participants are socially, ethnically and spiritually diverse, and some have medical disabilities, religious beliefs, or other issues that prevent them from getting vaccinated. We understand that we serve the older adult population who are at greater risk for COVID-19. We will be following guidance from Ashland County Public Health Department and will be staying up to date with the most recent recommendations and guidelines from the CDC.

The following are safety precautions we will be following at the center:

- ◆ If you are **fully vaccinated** you are not required to wear a mask when at the center. If you **have not been fully vaccinated** we ask that you wear a mask when in the building.
- ◆ Any known case of COVID-19 at the center will be reported to the Public Health Department to seek guidance and to determine further actions. Participants who may have been exposed will be contacted. If you have been **vaccinated** you will not be asked to quarantine unless you start to develop symptoms. **Unvaccinated** people will be asked to quarantine for 10 days.
- ◆ Our coffee pot is not available for use at this time and participants are asked to bring their own beverages. Participants are also asked to not bring in snacks to share at this time.
- ◆ Hand washing/sanitizing immediately before and after any activity.
- ◆ Individuals with COVID-19 symptoms will be asked to stay home and consult their doctor or local health department on recommendations on when to return.
- ◆ Hand sanitizers, masks, Clorox wipes and Kleenex will be provided at the entrance for participant's use. Of course hand washing is always your best defense against disease.
- ◆ Social distancing of 6 feet is recommended when participating in center activities.
- ◆ The center will keep track of all people attending the center each day (date, name & activity) in case there is a need for future contact tracing. If you are not a member, we ask that you leave a phone number so we have some way to get a hold of you. This will be done when you walk in the door at the sanitizing station/check in station. Attendance records will be retained for 30 days.

We want everyone coming into The Enrichment Center & Ashland County Aging Unit to be comfortable doing so. Therefore, if you are not ready, please stay home until you are.

We also want to strongly encourage an atmosphere of respect and tolerance for each other's personal beliefs and choices.



# Hut Happenings!

## Accomplishments for November 2021

In the month of November we had 18 volunteers who worked 397 hours with sales of \$12,267.14.

## Monthly Specials

**Yellow Tag Sale**—All tags with a yellow mark on them are 50% off January 10th through January 15th, 2022.



### **Sweater Sale**

All of our sweaters will be buy one get one free (of equal or lesser value) the week of January 3rd through January 8th, 2022.

## Bargain Hut Gives Back Sale

Friday, January 28th, 2022  
(9:00am to 4:00pm)

Saturday, January 29th, 2022  
(9:00am to 1:00pm)

Due to the generous amount of donations we have received, the Bargain Hut is giving back to the community by giving select clothing & merchandise to take home at no charge. After 3 months, we are further rotating the merchandise back into the community. Whether you are a family struggling with today's economy or are just out looking for a great bargain, we have something for everyone.

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Ashland Senior Community Center, Ashland, WI B 4C 01-1320

## What are the benefits of becoming a member of the Enrichment Center

### **You can take advantage of FREE GROUP PROGRAMS such as:**

- ◆ Financial planning
- ◆ Avoiding identity theft
- ◆ Health insurance counseling
- ◆ Legal and estate planning consultation
- ◆ Medicare consulting
- ◆ Blood pressure and glucose screenings
- ◆ Computer security
- ◆ Home safety
- ◆ Wellness
- ◆ Programs of recreation such as bingo, card games, holiday parties, arts, and crafting.



### **You get special advance announcements of events, special sales, and programs.**

### **You can access the equipment and facilities at no charge to members:**

- ◆ Library
- ◆ Electronic sports equipment, e.g. Wii bowling and golf
- ◆ Pool table with pool leagues
- ◆ Wi-Fi is available
- ◆ You get a complimentary monthly newsletter highlighting health and wellness information, and other important issues, plus schedules of upcoming events.

### **At affordable costs you can access the following:**

- ◆ Bargain Hut, which provides gently used clothing and household items (also available to non-members)
- ◆ Low cost rental equipment is available for assistance to those with physical or development disabilities

### **Although membership in ASCC is not required for the following, facilities on site are provided for the Ashland County Aging Unit, Inc. to conduct the following services:**

- ◆ The Ashland County Aging Unit, Inc. provides available on-site information and referral to appropriate agencies, advocacy, congregate meals on site and home delivered meals, specialized transportation, benefit specialist services, counseling, and senior home repair, and caregiver information and support.
- ◆ Faith in Action support services by volunteers for senior citizens 60 years of age or older with a wide range of services designed to help them remain living independently.

### **If you are interested in volunteering to share your talents, opportunities to serve the Center by Board membership or for specific events are offered.**



# 2022 The Enrichment Center Membership Application

**2022 Memberships valid January 1st, 2022 through December, 31st 2022**

To join the Enrichment Center or to renew your membership, please complete this application and return it to the Enrichment Center. Membership is on-going throughout the whole year.

**Please make check payable to the Senior Center.**

<b>Name(s) (both, if couple)</b>	
<b>Address</b>	
<b>City, State, Zip</b>	
<b>Phone Number</b>	
<b>Birthdate</b>	
<b>Emergency Contact Person</b>	
<b>Phone Number</b>	
<b>E-Mail (absolutely confidential)</b>	

- \_\_\_\_\_ **\$20.00 – Single**
- \_\_\_\_\_ **\$30.00 – Couple**
- \_\_\_\_\_ **\$50.00 Fantastic Member**

Join or Renew by January 1st, 2022 and be eligible for a chance to win a \$25 Gift Certificate to the Bargain Hut!

Thank you for your support of the Enrichment Center. This special membership helps with the day to day operations of the center and is very much appreciated. Your fantastic membership includes your single or couple membership along with the donation for the operations of the center.

**\$\_\_\_\_\_ Utility Donation**

The Enrichment Center is asking for your help with the cost of utilities here at the center. Last year we spent approximately \$14,500.00 in utilities We are asking for anyone willing to help, to give a donation of \$25.00 or whatever you can to help with the cost of the utilities. Your donation is optional but very much appreciated.

Because the Enrichment Center is a 501(C)(3) non-profit organization, your contribution is tax deductible.

For Office Use Only

**New Member** \_\_\_\_\_ **Renewal** \_\_\_\_\_ **Date Paid** \_\_\_\_\_ **Cash** \_\_\_\_\_

**Check** \_\_\_\_\_ **Check #** \_\_\_\_\_

**Utility Donation \$** \_\_\_\_\_ **Fantastic Membership \$** \_\_\_\_\_

## Loan Closet

The Enrichment Center's Loan Closet serves people of all ages with physical or developmental disabilities who are in need of an item for any of the following reasons:

- A person would like to try out an item before purchasing the equipment.
- A person who has a short-term need for the equipment such as a knee or hip replacement.
- A person who needs an item not covered by Medicare or Medical Assistance or private insurance and cannot afford to purchase the needed equipment at this time.

We have walkers (with or without wheels), canes (regular and 4-Prong), wheelchairs, shower chairs, bath transfer benches, raised toilet seats, commodes, crutches and extension grabbers.

Call the Enrichment Center for availability. If the item is available for rent, stop in and fill out the rental agreement and then take the equipment home with you. Please note all equipment must be returned in the condition it was rented in. The equipment is available for rent on a monthly basis for a fee of \$10.00 a month for as long as you need. For more information or to rent equipment, please call 1-715-682-2776.



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emailed to you at  
[www.mycommunityonline.com](http://www.mycommunityonline.com)



## Let's Bake! Word Search

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

### Word List:

CUP  
SUGAR  
CREAM  
CAKE  
ROLLS  
CHOCOLATE  
WHIP  
COOKBOOK  
CRUST

TEASPOON  
MILK  
BUTTER  
COOKIE  
PASTRY  
DOUGH  
BAKE  
SALT

TABLESPOON  
BUTTERMILK  
OVEN  
CUPCAKE  
FROSTING  
BATTER  
VANILLA  
YEAST

FOUR  
EGGS  
COOKIESHEET  
BREAD  
ROLLINGPIN  
STIR  
LOAF  
PIE

# Fun at the Center!

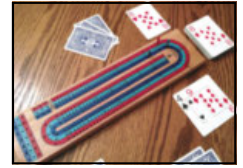
## Tai Chi Fun

The Enrichment Center is offering a slot for individuals interested in coming in to do their Tai Chi exercises. The room will be available on Monday, Wednesday & Fridays for the month of January from 10:00am to 11:00am. If you are interested please stop in the office and talk to Danielle. We are hoping all of the participants from the class will be excited about this. Max of 9 per class.



## Cribbage

Join our Cribbage group every Tuesday at 1:30 p.m.



## Pool League

Join our Pool League every Monday and Thursday afternoon at 12:30 p.m.



## BINGO

◆ Bingo on Wednesdays & Fridays at 12:30 p.m.



## Concerned about Medicare fraud? Give us a call...

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**DETECT** suspected fraud, abuse, or errors

**REPORT** suspicious claims or activities

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[gwaar.org/senior-medicare-patrol](http://gwaar.org/senior-medicare-patrol)  
WisconsinSeniorMedicarePatrol



This project was supported, in part by grant number 90MPPG0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.



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- Respite Program
- Short Term Rehab Unit
- Hospice Care
- Wound Care Certified Nurse
- Memory Care Unit (Court Manor only)

**ASHLAND HEALTH SERVICES**  
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715-682-3468 | [ashlandhealthservices.com](http://ashlandhealthservices.com)

**COURT MANOR HEALTH SERVICES**  
911 W Third St. | Ashland, WI 54806  
715-682-8172 | [courtmanorhcs.com](http://courtmanorhcs.com)



# January 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 Closed for the Holiday!	4 1:00—Knitting Club 1:30—Cribbage	5 10:00—Tai Chi Fun 12:30—Bingo	6 12:30—Pool League	7 10:00—Tai Chi Fun 12:30—Bingo	8
9	10 10:00—Tai Chi Fun 12:30—Pool League	11 1:00—Knitting Club 1:30—Cribbage	12 10:00—Tai Chi Fun 12:30—Bingo 1:00pm—Enrichment Center Board Meeting 2:00pm—Annual Meeting	13 12:30—Pool League	14 10:00—Tai Chi Fun 12:30—Bingo	15
16	17 10:00—Tai Chi Fun 12:30—Pool League	18 9:30 to 11—Memory Cafe 1:00—Knitting Club 1:30—Cribbage	19 10:00—Tai Chi Fun 12:30—Bingo	20 12:30—Pool League	21 10:00—Tai Chi Fun 12:30—Bingo	22
23/30	24/31 10:00—Tai Chi Fun 12:30—Pool League	25 1:00—Knitting Club 1:30—Cribbage	26 10:00—Tai Chi Fun 12:30—Bingo	27 12:30—Pool League	28 10:00—Tai Chi Fun 12:30—Bingo The Bargain Hut “Gives Back Sale” 9:00am to 1:00pm	29 The Bargain Hut “Gives Back Sale” 9:00am to 1:00pm

# Ashland County Aging Unit Inc.

400 Chapple Avenue Suite 100 \* Ashland, WI 54806  
715-682-4414 x. 0 \* www.ashlandaging.org

Senior Nutrition Programs: Senior Dining & Meals on Wheels

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	<b>MONDAY</b> All 5 Sites	<b>TUESDAY</b> Ashland Only	<b>WEDNESDAY</b> All 5 Sites	<b>THURSDAY</b> All 5 Sites	<b>FRIDAY</b> Ashland Only
<b>3</b>	<b>Closed</b> <i>in observance of New Year's Day</i>	<b>4 Hamburger Tater Tot Hotdish</b> Corn Niblets Cherry Cobbler Whole Wheat Roll w/butter	<b>5 Fishwich Cheese Sandwich on a buttered bun</b> w/tartar sauce Mixed Vegetables 7 Layer Salad w/ Romaine Lettuce Lemon Sunshine Salad	<b>6 Pork Loin in Celery Sauce</b> Baked Potatoes/ butter/sr cream Buttered Beets Applesauce Chocolate Chip Bean Muffin	<b>7 Chicken Pot Pie</b> Peas Pineapple Tidbits Blueberry Lemon Trifle
<b>10</b>	<b>Turkey Dressing Casserole w/gravy</b> Candied Yams Green Beans Sliced Pears	<b>11 Swedish Meatballs w/Sauce</b> Mashed Potatoes Winter Squash Fruit Cocktail Whole Wheat Bread w/butter	<b>12 Ham &amp; Cheese Sandwich on WW Bread</b> Split Pea Soup Broccoli Salad Fresh Banana	<b>13 Chicken Parmesan Marinara</b> Italian Roasted Potatoes Italian Blend Vegetables Oatmeal Cookie	<b>14 Brunch for Lunch Sausage Gravy over Biscuits</b> Sauteed Breakfast Veggies Fresh Green Grapes Chilled Tomato or Orange Juice
<b>17</b>	<b>Chicken Chow Mein</b> over Steamed Brown Rice & Chow Mein Noodles Oriental Veggies Mandarin Oranges	<b>18 Baked Ham w/Raisin Sauce</b> Dutchess Whipped Potatoes Buttered Carrot Coins Applesauce Rye Roll w/butter	<b>19 Hearty Beef Barley Soup</b> <b>Tuna Salad</b> on WW Bread Peas & Cheese Salad Peaches	<b>20 Hamburger on a Buttered Bun</b> w/lettuce & tomatoes Baked Beans Potato Salad Tropical Fruit Salad	<b>21 Spaghetti w/Meat Sauce</b> Steamed Spinach Fresh Apple Oatmeal Cookie
<b>24</b>	<b>Hot Turkey Sandwich</b> on Whole Wheat Bread Mashed Potatoes & Gravy Green Beans Pear w/Cranberry Salad	<b>25 Beef Tips &amp; Mushroom Stroganoff</b> over Egg Noodles Coleslaw Stewed Tomatoes Baked Cinnamon Apples	<b>26 Broiled Dill Fish</b> w/ tartar sauce Au Gratin Potatoes Steamed Broccoli Fruit Cocktail WW Bread w/butter	<b>27 Birthday Meal</b> <b>Sliced Pork on a buttered Bun</b> Baked Yams & Apples Mandarin Oranges Spice Birthday Cake	<b>28 Beans &amp; Wieners</b> Seasoned Potato Wedges Steamed Carrots Melon Potato Roll w/butter
<b>31</b>	<b>Chicken Breast w/ Mushroom Sauce</b> Parslied Buttered Brown Rice Steamed Spinach Cranberries Pineapple Tidbits	<b>Main Office Hours:</b> Monday thru Friday 8:00 a.m.-4:30 p.m.	<b>Reservations/Cancellations required by 2:00 pm the serving day before.</b> <b>Please call your local meal site OR Ashland Co. Aging Unit Main Office</b> <b>Meals served Monday thru Friday</b>		<b>\$3.25/meal suggested donation for age 60+. Actual cost/guest fee for people under 60 unless accompanied by their senior spouse is \$7.00</b>

**All meals served with 1% milk. - All meals contain at least 1/3<sup>rd</sup> of the RDA for older adults**      **WW = Whole Wheat**

# 5 Ways to Get Your Home Ready for Winter

Some people love the beauty and serenity of winter while others simply tolerate it until spring returns once more. Whatever your feelings about winter, the change of weather means it's time to prepare your home — or the home of a senior loved one — for the cooler days ahead. Here is a list of winterizing tasks to help you get started.

## **1. Shut off outdoor water faucets**

No one wants to deal with the aftereffects of burst pipes during the coldest days of winter. That includes outdoor water faucets. Most homes have at least one or two. Take time to drain those pipes of standing water and turn off the tap before the first freeze arrives.

## **2. Have the furnace inspected**

Having a furnace that works well is important for more than just heating the home. If your furnace has a crack or leak, it can put the entire household at risk for deadly carbon monoxide poisoning. Be sure to schedule the inspection before the temperature falls and you need to turn the furnace on.

## **3. Develop a snow removal plan**

Shoveling snow can be dangerous for older adults, as can maneuvering on icy sidewalks and driveways. Before the first snow flies, have a solid plan in place for removing snow and salting walkways. If you don't know anyone who can handle these tasks, call your local senior center or agency on aging. Both often maintain a list of trusted vendors you can call for pricing.

## **4. Stock up on basic supplies**

Don't wait to head to the grocery store until your local meteorologist predicts an ice or snow storm. Stock up now. Have a stash of basic food supplies in your pantry and freezer, such as bottled water, canned goods, bread, peanut butter, and other non-perishables. Don't forget to keep extra pet food on hand, too.

Then there are safety supplies to organize in case of a winter emergency. Flashlights, a battery-operated cell phone charger, extra batteries, blankets, paper towels, and a battery-operated weather radio are a few suggestions. Also be mindful of your medication supply. Don't let them get too low before getting refills.

## **5. Test smoke alarms and carbon monoxide detectors**

Smoke alarms can reduce your risk of dying in a fire by 50 percent. Any experienced firefighter can tell you story after story of injuries and fatalities in homes without a working smoke detector.

# Volunteer Opportunities At The Enrichment Center & Bargain Hut

## **Bargain Hut (2 to 4 hours at a time).**

- Volunteers needed one or more days per week.
- Weekdays from 9:00am to 4:00pm, and Saturday from 9:00am to 1:00pm.
- Sort incoming donations.
- Price the goods
- Place clothes on racks
- Sales of clothes and other items

## **Senior Center Office (2 to 4 hours at a time)**

- Assist in data entry
- Assist in filing
- Assist in record keeping
- Answer phone (customer questions, etc.)

## **Help with Fundraisers (Usually conducted in evening or on the weekend)**

- Provide kitchen help for meals (2 hours at a time)
  - Cafeteria help or serve meals
  - Set up and clean up
  - Table service
- Sell tickets (on one's own schedule, over a week or two)
- Provide "pot luck" items on occasion

## **Help with Program Activities (about 2 hours at a time)**

- Call Bingo games
- Distribute newsletters

## **Board of Directors Member**

- Provide management skills
  - Attend bi-monthly meetings (2 hours max.)
  - Financial and technical assistance in building and grounds maintenance
  - Grant solicitation
  - Planning
  - Membership solicitation
  - Volunteer solicitation
- Assist in fundraising
- Assist in program activities

**For more information contact Danielle Greene at 715-682-2776,  
or speak to any Board Member.**

