March 2022 Newsletter

The Enrichment Center

A gathering place for boomers and seniors!



400 Chapple Avenue, Ashland, WI 54806

A Note from the Executive Director

Happy St. Patrick's Day Everyone,

Wow, that was some snow storm we had. It was just like the ones I grew up with. I will say I am not as excited about the possibility of a snow day as I used to be, but it sure is beautiful when it first comes. We have been incredibly lucky this winter. I probably just jinxed us as we are just starting March. I apologize in advance.

I am so sorry that Cardio Drumming has not been able to start yet, but I am hopeful it will be starting soon. We have had problems with shipping and then when I have finally gotten the equipment it was wrong. Keep your fingers crossed that we can start the 17th of March.

All of the computers have arrived for the Computer Lab and now just need to be set up. So exciting!

I am generally not a fan of corned beef and cabbage. Love all the vegetables just not the meat. Although, I will say the picture in the top corner of this newsletter has my mouth watering. What about you? Will you be having a yummy corn beef dinner this St. Patrick's Day along with a nice cold green beer.

We are currently looking for volunteers to help run the front hostess desk. Duties would include answering phones, greeting and directing people as they come in and handling the loan closet. If this is something you may be interested in helping us out with please stop in the office and talk to Danielle or call her at 1-715-682-2776.

Just a quick reminder before you go to bed to set your clock ahead by one hour and to also change your batteries in all smoke and carbon monoxide detectors.

I hope you all have a wonderful month!
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

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 = 1-71

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

Executive Director—Laura Nagro

Administrative Assistant—Mary Westlund

Clerical Assistant—

Benefit Specialist—Amy Janecek

Faith In Action Coordinator

Board of Directors

Vicki Galik Chairperson

Debbie Josephson Vice Chairperson

David Pocernich Treasurer

Mary Bartol Secretary

Carllyn Dulitz Mark Mountain
Tammy Kurtz Glenn Samuelson

Dawn Homich Ryan Long

Kristy Ledin

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.

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.

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.

Check out our Website

Check out our new and improved website at www.ashlandenrichmentcenter.org.

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.
- 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.



Kite Flying Weather By: Alice Ellis



Today is March 1. You would think the calendar-god is trying to make a statement as the wind is blowing in like gang-busters. Makes me remember that March was the kite-flying month when we were kids. We would buy a cheap kite, carefully assemble it, buy a tight ball of thin-tough string, tie some old-rags on the tail and "let it fly." I don't have that many

memories of successful kite-flights. (In fact, I don't remember flying kites in the snow.) But more than half the fun of flying a kite was the preparation and dream that this would be the year this magical kite would fly with the ease of an eagle.

But lest I jump too far ahead and proclaim that spring is on the way today, the weather report is a reality check. Later this afternoon, the temps are going to drop and winter will snap the lid back on our hopes. I realize these spring-dreams have sprouted because we are tired of winter. Tired of bundling up. Tired of black-and-white landscape. Tired of rushing into indoors to get warm. Tired of slipping on ice. Even Penny keeps chipping at the ice-lid on ponds hoping to find some wetfresh water. She can't wait for the wade-in-the-water days. But in light of the many challenges people face day-in-and-day-out, I feel these

grumblings are shallow for we can always refer back to previous years and be assured the snow will melt and spring will

arrive.

So, let the wind blow. Let kids dream of kites...build kites...and fly kites. And let spring make an entrance at just the right



time. Our days and seasons are marked by the goodness and grace of the Creator and that is a sure thing no matter the temps or the power of the wind. All is well in northern Wisconsin.

Happy Birthday!

March 2nd Glenn Butterfield March 9th Ann Bennette March 13th John Galik March 17th Joe Henderson

March 19th

Gail Helm

Madeleine Lee

Carol Buchholz

March 20th Sharon Bonneville March 24th Jackie LeGeault March 26th Pamela Richardson March 27th Mark Drolson March 29th Terri Pingel



Thank You

The Enrichment Center & the Bargain Hut would like to say a huge thank you to Sam Doty for doing a amazing job getting our parking lot and sidewalks cleaned after that crazy blizzard. You are a rockstar.



Advertiser of the Month

This month we are spotlighting Mountain Funeral Home Located at 220 3rd Avenue East Ashland, WI 54806 For more information, please call 1-715-682-5533

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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 arounds 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.







Hut Happenings

Bargain Hut Gives Back Sale Friday, March 25th, 2022-9:00am to 4:00pm Saturday, March 26th, 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 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.

This event will be held on the last Friday & Saturday of every month!



Accomplishments for January 2022

The sales for the month of January were \$8,889.59 and we had 20 volunteers who worked approxi-

Monthly Specials

Red Tag Sale—All tags with a red mark on them are 50% off March 7th through March 12th, 2022

mately 393 hours.

End of Winter Sale

All sweaters and winter iackets are 50% off the week of March 7th through March 12th, 2022.





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Exercise Fun!

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 March 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.



Cardio Drumming

The Enrichment Center is excited to announce we are starting a new program called Cardio Drumming. All you need is a water bottle, towel and be ready to have some fun. Fun for all ages and levels. All equipment is provided. Classes will be Thursday mornings at 10:00am Starting March 17th, 2022. For more information please call Danielle at 1-715-682-2776.



Chair Yoga

Hi! I'm Joyce Goglin and have been teaching yoga for 6 years. We are about to start a new class and you are all invited. Yoga is a practice that anyone can do. This class will be taught from the chair and is designed for new and older beginner yoga students. There will be breath work, meditation and gentle movement. The class will be 45 minutes long. No special equipment is required. Just dress comfortably. Classes will be taught at 9 am, at the Enrichment Center on Monday's, Wednesday's and Friday's. Come make good health choices and bring a friend. Classes are \$5 each. Must be fully vaccinated for this class.



Zumba

The Enrichment Center is excited to announce we will be offering Zumba classes here on Tuesday and Friday nights from 5:30 pm to 6:30pm. The workouts are for all skill levels and all ages. Please bring in a water bottle and towel. Come on down and check it out! For more information please contact Danielle at 1-715-682-2776.





Proven Effective

Developed and researched at the University of Wisconsin-Madison, participants who completed the Stand Up program decreased their sitting time by **68 minutes per day!**

Find and register for Stand Up and Move More!

There's a Stand Up & Move More workshop starting soon near you!

<u>**Dates:**</u> Tuesdays, April 5th, 12th, 19th & 26th with a Refresher Course on May 24th, 2022

Times: 9:30am to 11:30pm

Cost: - Free

To Sign-Up: - Call Danielle at 1-715-682-2776.

Reservations are due by March 31st, 2022.

Classes are limited so make sure to get your spot today!

How much is too much time sitting during the day? Find out and learn strategies to help you...

Stand Up and Move More!

On average, older adults spend more than 60% of their waking hours in sedentary activities — mostly sitting. Research shows that too much sitting is bad for your health.

The Stand Up and Move More program helps you add more standing time into your day so you feel better and improve your health.

Join a Stand Up and Move More class to learn:

- The consequences of too much sitting time and the benefits of more standing time
- Strategies for incorporating more standing time into your day
- To set achieveable goals and address problems or barriers



Loan Closet

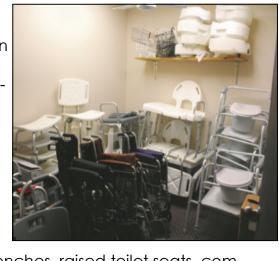
The Enrichment Center's Loan Closet serves people of all ages with physical or developmental disabilities who are in need of an item for any of the following reasons:

- 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.





St. Patrick's Day Puzzle

Celebrate St. Paddy's Day!

P	E	D	Α	R	Α	P	G	R	E	E	N	В	E	E	R	N	I	0
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Word	List	- •

BAGPIPE BLARNEY CASTLE CELEBRATE CHEER CLOVER DANCE DRINKING GREEN GREENBEER IRELAND IRISH LEPRECHAUN LIMERICK PARADE MUSIC SAINTPATRICK TOPHAT

SEVENTEENTH TOPOFTHEMORNING

BLESSINGS CELTIC COINS ERINGOBRAGH HARP JIG LUCK POTOFGOLD SHAMROCK TRADITION

CABBAGE CHARM CORNEDBEEF FOLKLORE HOLIDAY KISS MARCH RAINBOW SNAKES

WISH

Meet the New Ashland County Aging Unit Executive Director

Hello Seniors!

My name is Laura Nagro.

I'm the new Executive Director of Ashland County Aging Unit and Faith In Action. I started on

February 10th and have jumped right in! I have been having fun learning

about all of the services we provide.

I'm excited to get Faith In Action back running like an engine! It helps so many people stay in their homes by offering assistance with some of the heavier tasks of home maintenance.

I have many hats I wear in our community. I'm on the Ashland County Board and President of the Chequamegon Food Co-op Board of Directors. The nice thing is all of these jobs are all about the same thing: helping our community stay strong and healthy!

I look forward to meeting you all! Stop by and say hello any time. I try to come out during meals and say hi to everyone a couple times a week.

Fun Facts about me:

- I love licorice all kinds, but black licorice is my favorite.
- I love sports watching them and playing them.
- I have a huge collection of Post-It Notes and Sharpies--every color and sizes possible!
- I like to color code all of my thoughts and plans!
- I have lived by water all of my life.
- It gives me energy and peace to go sit by our big beautiful lake and listen to the waves.





Ashland County Aging Unit Inc. 715-682-4414 x.0 Senior Nutrition Programs: Senior Dining & Meals on Wheels MARCH 2022 MENU

MONDAY—All Sites	TUESDAY-Ashland Only	WEDNESDAY-All Sites	THURSDAY—All Sites	FRIDAY-Ashland Only
	1 Meatloaf w/Brown Gravy Mashed Potatoes Steamed Beets Canned Peaches W. W. Dinner Roll w/butter	2 Ash Wednesday Baked Lemon & Dill Whitefish Broccoli Brown Rice Pilaf Celery Sticks w/peanut butter Fresh Orange	3 Chicken Fajitas Sauteed Onions & Peppers W. W. Tortilla Sour Cream & Salsa Cheddar Cheese Mexicali Corn Refried Beans Banana	4 Fish Chowder Broccoli Salad Lemon Pudding Fruit Cocktail W. W. Roll w/butter
7 Baked BBQ Chicken Mashed Sweet Potatoes Green Beans Tomato & Cucumber Salad W. W. Roll w/butter	8 Baked Ham w/brown sugar glaze Baked Beans Peas & Carrots Pineapple Chunks Whole Grain Bran Muffin	9 Beef Stew Mixed Greens Salad Canned Peaches W. W. Bread w/butter	10 Lemon & Oregano Chicken Thigh Baked Potato w/butter Glazed Carrots Fresh Kiwi W. W. Bread w/butter	11 Egg Salad Sandwich on W. W. Bread Tomato Basil Soup Black Bean & Corn Salad Fresh Apple
14 Bourbon Chicken Brown Rice Steamed Broccoli Blush Pears Banana	15 Polish Sausage Kielbasa on W. W. Bun Sauerkraut Boiled Red Potatoes Steamed Beans Blueberry Buckle Dessert	16 Diced Chicken Cacciatore W. W. Penne Pasta Marinara Sauce Italian Blend Vegetables Fresh Cantaloupe Wedge	17 BBQ Pulled Pork, Rice & Bean Bowl Roasted Corn Salad Applesauce Grape Juice W. W. Dinner Roll w/butter	18 Baked Fish Filet on W. W. Bun Sliced Tomatoes Romaine Leaf Lettuce Coleslaw Canned Peaches
21 Meatballs & Marinara Sauce Over W. W. Penne Pasta Buttered Italian Blend Vegetables Ambrosia Salad with Coconut	22 Shepherds Pie Steamed Broccoli Fresh Orange W. W. Bread w/butter	23 Lemon Rosemary Chicken Thigh Brown Rice Roasted Whole Mush- rooms Seasoned Carrots Granny Smith Apple	24—Birthday Meal Traditional Beef Lasagna Steamed Peas Canned Peaches Chocolate Cake w/black beans & Vanilla Frosting W. W. Dinner Roll w/butter	25 Baked Fish w/Herb Crumb Topping Four Bean Salad Beets Strawberry Rhubarb Crisp W. W. Bread w/butter
28 Turkey ala King over Whole Wheat Pasta White Bean & Kale Salad w/Balsamic Dressing Applesauce w/cinnamon Tomato Juice	29 Swedish Meatballs Mashed Russet Potatoes Charred Brussel Sprouts Canned Tropical Fruit W. W. Roll w/butter	30 Hamburger on Whole Wheat Bun w/Lettuce & Tomato Auburn Bayou Baked Beans Steamed Carrots Peach & Pineapple Gela- tin	Spaghetti w/Meat Sauce Italian Blend Vegetables Canned Mandarin Oranges Fresh Apple W. W. Roll w/butter	

Reservations/Cancellations <u>required</u> by 2:00 pm the serving day before. Please call your local meal site OR Ashland Co. Aging Unit Main Office Meals served Monday thru Friday @ Ashland

Kitchen serves from 11:30 a.m.—12:05 p.m., Dining Room open until 12:30 p.m. All meals served with 1% Milk & contain at least 1/3rd of the RDA for older adults WW = Whole Wheat

March 2022

SATURDAY	ហ	12	19	The Bargain Hut "Gives Back Sale" 9:00am to 1:00pm	
FRIDAY	4 10:00—Tai Chi Fun 12:30—Bingo 5:30pm—Zumba	11 10:00—Tai Chi Fun 12:30—Bingo 5:30pm—Zumba	18 10:00—Tai Chi Fun 12:30—Bingo 5:30pm—Zumba	10:00—Tai Chi Fun 12:30—Bingo 5:30pm—Zumba The Bargain Hut "Gives Back Sale" 9:00am to 4:00pm	
THURSDAY	3 12:30—Pool League 12:30—Farkle	10 12:30—Pool League	17 12:30—Pool League 10:00—Cardio Drumming 12:30—St. Patrick's Day Party 12:30—Farkle Happy St. Patrick's Day	24 12:30—Pool League 10:00—Cardio Drumming 12:30—Farkle	31 12:30—Pool League 10:00—Cardio Drumming 12:30—Farkle
WEDNESDAY	2 10:00—Tai Chi Fun 12:30—Bingo	9 10:00—Tai Chi Fun 12:30—Bingo	16 10:00—Tai Chi Fun 12:30—Bingo 1:30pm—Enrichment Center Board Meeting	23 10:00—Tai Chi Fun 12:30—Bingo	30 10:00—Tai Chi Fun 12:30—Bingo
TUESDAY	1 1:00—Knitting Club 1:30—Cribbage 5:30—Zumba	8 1:00—Knitting Club 1:30—Cribbage 5:30—Zumba	15 9:30 to 11—Memory Café 9:30—Aging Unit Board Meeting 1:00—Knitting Club 1:30—Cribbage 5:30—Zumba	22 1:00—Knitting Club 1:30—Cribbage 5:30—Zumba	29 1:00—Knitting Club 1:30—Cribbage 5:30—Zumba
MONDAY		7 10:00—Tai Chi Fun 12:30—Pool League 1:00—Embrodiery on Cards	14 10:00—Tai Chi Fun 12:30—Pool League 12:30—Yahtzee 1:00—Embrodiery on Cards 5:00—Book Club @ Aroma	21 10:00—Tai Chi Fun 12:30—Pool League 12:30—Yahtzee 1:00—Embrodiery on Cards	28 10:00—Tai Chi Fun 12:30—Pool League 12:30—Yahtzee 1:00—Embrodiery on Cards
SUNDAY		9	Don't Forget to	50	27

Fun at the Center!

Sudoku

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

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

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DIFFICULTY: ★☆☆☆

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.



Embroidery on Cards

Classes will start March 7th and run through March 28th, 2022 on Monday afternoons from 1:00 to 4:00. To sign up or for more information please contact Lois or loe at 1-715-812-1170.

St. Patrick's Day

Bingo Party

On Thursday March

we will be having a St. Patrick's Day Party.



Game Time Fun

I was thinking it would be fun to start having some games here at the center in the afternoon. We love having fun and laughter back in the building. We will start with Yahtzee and Farkle. All the fun starts the week of March 14th, 2022. If there is something else that you would like to add please let Danielle know. I will be very happy to get it up and running.



Yahtzee Mondays 12:30pm



Bring something that reminds you of this fun holiday and receive two extra bingo cards. And as always, refreshments will be served.

Farkle Thursdays 12:30pm



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 Seni	or Center.
---------------------------------------	------------

e make cneck payable to	the Senior Center.
Name(s) (both, if couple)	
Address	
City, State, Zip	
Phone Number	
Birthdate	
Emergency Contact Person	
Phone Number	
E-Mail (absolutely confidential)	
\$20.00 – Single \$30.00 – Couple	Join or Renew by January 1st, 2022and be

\$50.00 Fantastic Member

Thank you for your support of the Enrichment Center. This special membership helps with the eligible for a chance to win a \$25 Gift Certificate to the Bargain Hut!

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 O	office Use Only	
New Member	Renewal	Date Paid	Cash
	Check	Check #	
Utility Don	ation \$	Fantastic Membership \$	