



# Amery Area Community Center

Newsletter for January & February 2024

## MEMBERSHIP

It's that time of year again! 2024 memberships are due. A membership to the Community Center for the year starting on January 1<sup>st</sup> through December 31<sup>st</sup> is \$20 per person. Please consider donating more as that helps offset the cost of the membership of those who cannot afford to pay. I have added the form to the back page, please fill out **only if** you have had any changes to your phone or address in the past year. Thank you! Cash or check please.

Our Annual Meeting will be held on **Monday January 15<sup>th</sup>** at **1:00 pm**, with our regular board meeting immediately following. Refreshments will be served. You must be a member to attend the Annual Meeting. If you have any questions; please call or stop in the office.



## ANNUAL MEETING

**Do you volunteer around our community?** ❤️ Did you know that by telling us your volunteer hours it helps gain grant dollars by showing how active our members are? **In 2023 so far we have 5,788 documented hours!** WOW, thank you all for your donated hours around the community! I am positive there are more undocumented hours out there! Let's see if we can raise that number! Please, email [aaccjen@outlook.com](mailto:aaccjen@outlook.com), stop in, or call 715-268-6605. Thank you!

## Alzheimer's

### Exciting News!!

We have a new facilitator for our Alzheimer's Support Group! Her name is Makenzie, she has been trained by the Alzheimer's Association to help out at support groups. Stop in on Wednesday January 3<sup>rd</sup> at 10am to meet her!

In order to conserve energy, we are keeping the second door in the entryway closed. If you need assistance navigating the door way; please give us a call before you leave home or knock on the door and someone will be happy to assist you.



Wow, this year seemed to have flown by! We all have had some ups and downs and many memories made along the way! I want to say thank you to all of you! We all have made it through another challenging year and could not have done it without each other! It truly has been a privilege working with you all and I look forward to what the next year brings!

We have a lot of new and exciting things going on here at the Community Center in the upcoming months, turn the pages to check it out! I am always open to new ideas and volunteers that are ready to help when needed!

There were about 12 people that found all the "Thank Yous" in the last newsletter, thank you all for participating! It has been fun coming up with new ideas for both the challenge and the prizes; and again, this time everyone got a little something for participating. And Bobbi got an extra prize for finding more than I had found! This time, let's count hearts...how many hearts are in the whole newsletter? Including the calendar. Submit your number to me by January 31<sup>st</sup> for a fun prize!

Check out Facebook and our website as new programming may be added after this calendar is printed. Cheers to a happy and healthy New Year!

Notes  
from  
Jen...





Andrea with YogaSol will be offering Chair Yoga starting on **Wednesday January 3<sup>rd</sup> at 8am.** Classes will be held on the **1<sup>st</sup> and 3<sup>rd</sup>** Wednesdays of the month. The classes are open to the public; there will be a waiver for each participant to sign and a class fee of **\$5 per class.**

What is Chair Yoga? Well, Chair yoga is simply yoga with a chair!

We will use the chair as a prop to aid with balance, if we stand behind it. And it's a sturdy, safe place to sit as we practice different poses.

Anyone can participate in Chair Yoga. It is especially suited for seniors and people with disabilities or other conditions where Mat (floor) practice is not ideal. Modifications and Variations will be offered throughout the class.

Chair Yoga is an excellent way to improve strength, balance, flexibility, and coordination. It is also a very well-known way to relieve anxiety and stress. And it improves mood overall.



The Community Center now has recycling cans available for use please do not bring your recycling from home to fill our bins; they are for use here at the Center. If you have questions about what to recycle; please ask.



Starting on Monday January 8<sup>th</sup> at 1 pm we will be starting a Cribbage group. If you are interested or know someone that may be; please come! We have 2 boards and cards we can even set up tournament style play if you would like and have enough people to play!

**NATIONAL DAY**  
CALENDAR™

**MONDAY JANUARY 15<sup>TH</sup>**  
**IS NATIONAL BAGEL DAY!**



Toast up your favorite flavor on National Bagel Day; don't forget to pick your favorite schmear, too. Make it for breakfast, lunch, snack, or all of the above!



**MONDAY JANUARY 29<sup>TH</sup>**  
**IS NATIONAL CORN CHIP DAY!**

Chip, chip, hooray! It's National Corn Chip Day! It's Nacho your average holiday! Grab the queso or salsa and celebrate National Corn Chip Day. Recognized each year ♥ across the country, the day encourages corn chip lovers to whip up their favorite dips and toppings.

**TUESDAY FEBRUARY 13<sup>TH</sup> IS**  
**NATIONAL CHEDDAR DAY!**



So many of our iconic American dishes simply wouldn't be the same without a slice of cheddar's deliciousness.



**TUESDAY FEBRUARY 27<sup>TH</sup>**  
**IS NATIONAL STRAWBERRY DAY!**

We continue with February's heart-shaped and red theme by observing National Strawberry Day today! These juicy, sweet berries can brighten up any dish and are delicious all on their own.

**Stop in on any of these days for a tasty treat; while supplies last!**

## Miscellaneous

\*Thank you to all those that attended the Sing-A-Long and Love Light Tree lighting! It was a nice afternoon; let's make it a new tradition at the Center! Thank you to The Good Neighbors Ukulele Circle and Community Center Line Dancers for performing! ♥

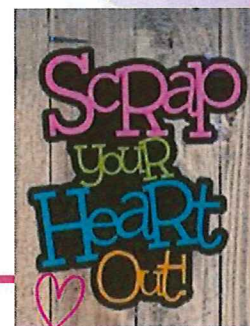
\*We offer one-on-one tech education, sign language classes and Diabetes counseling!

\*We all had fun with Elfie this year! Thank you! We will most definitely bring him back next year! The winner for this year is Jean Mattakat! Congratulations!

\*We enjoyed our Coffee & Cookie sponsors this past year! Thank you to James & Brenda for your support! If you or someone you know would be interested in sponsoring one or more months; call me for more



**Scrap-A-Thon:** On Friday March 1<sup>st</sup> and Saturday March 2<sup>nd</sup> we will be hosting an all-day scrap-a-thon from 8:00 am to 8:00 pm each day. Registration will begin after the new year; I will send out a form to your email address when it is ready. Debra Handy has graciously offered to take over planning and prep for our S-A-Ts. We will also be sending out a volunteer sign-up list to help both days run more smoothly. Stampin'-Up & Creative memories will once again be on hand for all your crafty needs! If you have any questions, please call, Jen, at 715-268-6605.



**Start saving your Our Family® UPC barcodes!**  
We're raising money to **help offset rising operating costs** through Direct Your Labels™

We are participating in the Direct Your Labels™ program, made possible by SpartanNash. Through the Direct Your Labels™ program, we can raise money simply by doing something we all do each week – going to the grocery store.

Every time you shop at any local store carrying Our Family® brand products, clip and save your UPC barcodes – and encourage your friends and family to do the same. Every time we collect 500 UPC barcodes, we can turn them into a \$25 check for the **Community Center**. And with your support and more than 2,000 Our Family® brand products available to purchase, there's no limit to the number of labels we can collect!

To make it easy for you to turn in your Our Family® barcodes, we'll be collecting product labels in our Direct Your Labels™ box. The box has the DYL logo on it, and it's located in the office. Please make sure you drop off the original, no photo copies, UPC barcodes –that's how we earn our \$25 checks.

If you aren't able to drop your labels off in person, you can also mail them to

**608 Harriman Ave S.  
Amery, WI 54001**

Through the Direct Your Labels™ program, we can turn YOUR Our Family® Labels into cash!

## Mandala Stone



### Art Class

This is your opportunity to tap into your creative spirit and learn the meditative art of mandala stone painting! Absolutely no painting or artistic skill or experience needed, **PROMISE!** You are sure to be surprised how learning just a few, easy dotting techniques will lead to gorgeous painted stones.

**Sunday, February 18th, 2024**

**1:00 - 3:00 pm**

**Amery Community Center**

\$45 (includes a beverage from BeeWell Nutrition, who will be on site with us at the Community Center)

Email Susan @ [mandalastoneartclasses@yahoo.com](mailto:mandalastoneartclasses@yahoo.com)

**Note in the subject line date & location and names and email of all attending with you.**

\*Additional snacks and drinks will be available for purchase through the Community Center. Questions please call or stop in the office!

**INCLEMENT  
WEATHER  
INFORMATION**



Friendly reminder that when the school district of Amery is delayed 2 hours for inclement weather the Center will be **OPEN** at our regular time and if the school is closed the Center will also be **CLOSED**. And as always please use your own judgement; if you feel uncomfortable driving; please stay home!

Jen's Email address: [aaccjen@outlook.com](mailto:aaccjen@outlook.com) Website address: [www.amerycommunitycenter.com](http://www.amerycommunitycenter.com)







## Amery Area Community Center

### SURVEY RESULTS



## SOCIAL ACTIVITIES CONTRIBUTE TO BETTER HEALTH!

**95%** of respondents reported at least one benefit from attending.

**57%** of respondents reported all five benefits!

**SURVEY DATE:**  
**November 2023**

**TOTAL NUMBER OF RESPONDENTS:**

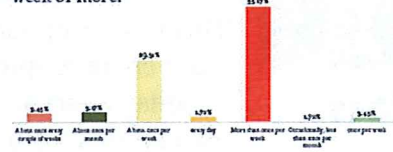
**58**

“[AACC] makes me know a little more that none of us is alone, and we can ask for help as well as offer it.”

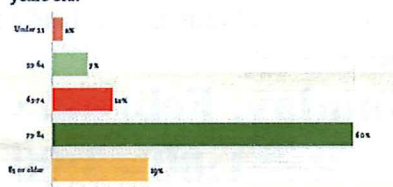
Thank you all for participating in the survey I sent out last year! Check out the results!

At the end of 2022, and again this fall, Amery Area Community Center conducted a survey of our members to measure our impact. The survey was distributed online in our e-newsletter and via hard copy at the Center. In the most recent survey (Fall 2023) we had 58 responses, representing approximately 20% of our active members. The survey respondents are actively involved at the Center, with 55% saying that they come to the Center more than once per week, and another 32% saying they come about once per week.

Most respondents (87%) visit the center once a week or more:



Most (72%) respondents are between 65 and 84 years old:

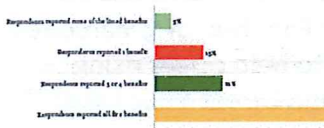
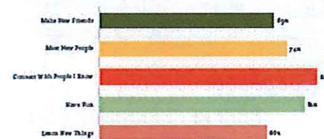


As we age, many of us are alone more often than when we were younger, leaving us vulnerable to social isolation and loneliness—and related health problems such as cognitive decline, depression, and heart disease.

According to a 2020 study done by the National Academy of Medicine, social isolation was associated with about a 50% percent increased risk of dementia, a 29% increased risk of heart disease and a 32% increased risk of stroke.

As mobility declines, social connections and friendships are also more difficult to cultivate, and community institutions and agencies must respond accordingly, creating accessible venues for learning, social interaction, opportunities to contribute to the community, and to have a sense of purpose.

When I attend programs or events at the AACC, I (check all that apply):



These results speak to our effectiveness in reducing social isolation, a vital connector in our community.

“Thanks very much for your work, creativity, and patience. And for all those extras: digging cars from snow, helping track folks down, making food, staffing rummage sales etc... and humor!”

“I make new friends, also keep in touch with them because I see them at the Center. The activities I participate in are beneficial to me.”



Department of Obstetrics and Gynecology  
UNIVERSITY OF WISCONSIN  
SCHOOL OF MEDICINE AND PUBLIC HEALTH

## UW researchers seek women volunteers!

Researchers at the University of Wisconsin-Madison seek women volunteers, age 50 or older, for a research study about incontinence (bladder or bowel leakage). The purpose of this study is to see how women use an online program that offers simple exercises, and tips on eating and drinking intended to prevent or improve the symptoms of incontinence.



### Who can participate?

- Women 50 years and older
- Have access to email
- Have an Internet-connected device (like a computer, tablet, or smart-phone)
- Individuals able to read and write English

### What does participation involve?

- Using a free online continence program
- Completing 4 surveys spread over 6 months
- Some participants will be invited to participate in a video or phone interview.
- Participants will receive up to \$125 for their time and participation



## Foot Clinic

Our Foot Clinic nurse has retired! If you know of anyone that is qualified to continue this service not only to our members but to the community as well; please contact me. Here is the note from Linda:



Thank You!  
Thank you for trusting me with your feet. I'm going to miss all of you. So many years of laughs & conversations  
Sincerely  
Linda J RN

We have many people ask about where they can get their taxes done; the closest I have found is Baldwin, River Falls or Hudson and those spots fill up fast. If you need assistance, please call 1-651-321-3931, leave a message and they will call you back with an available appointment. Remember taxes are due on Monday April 15<sup>th</sup>.

Learn more at [www.obgyn.wisc.edu/womenonthego](http://www.obgyn.wisc.edu/womenonthego)



# HAPPY BIRTHDAY

Happy birthday to our January & February Members! (In ABC order by last name.)

**January:** O.J. A., Jackie C., Pat C., Liela C., Paula C., Teresa F., Terry F., Andy F., Bernice F., Bob G., Marlene G., Frosty H., Stan H., Joan L., Vi N., Jessica P., Rosie P., Kim R., Bobbi S., Char S., Joanne S., Tom S., Bob S., Ray S., Katie S., Kristi W., Alan W., and in

**February:** ♥ Sandy A., Joyle A., Danielle B., Joann B., Mary C., Patty Jo C., Guy C., Char C., Pat E., Darlene E., Bonnie F., Bobbie G., Cling G., Kathy G., Cheryl G., Ernie H., Patty H., Diana H., Joann L., Jerry L., Rico L., Ruth M., Steve M., Linda M., Tom M., Leslie M., Dave M. O., Gene P., Sharon P., Ernie P., Ernie P., Larry R., Ruth Ann R., Joyce R., Dorie S., Nancy S., Greg S., Shriley S., & Patty T.! Hope you all have a wonderful day! Please let us know if your name is spelled wrong or missing from this list. Thank you for understanding.

Starting in January, The Apple River Quilt Guild will now be hosting their monthly meetings here on the third Monday of each month; along with some special

meetings and classes during the year. If you are interested in joining the Guild or attending a meeting; please call or stop by the office for more info!



If you would like us to email your newsletter instead of getting a paper copy; please let ♥ me know and I will add you to my list. [aaccjen@outlook.com](mailto:aaccjen@outlook.com)



## Thank You ♥ TO OUR DONORS

### Gold Partners

City of Amery

### Silver

### Partners

Amery Lions Club  
Town of Lincoln

### Supporters

Bremer Bank  
CarlsonSV  
Worn Again  
Amery Snowmobile Club

Andersen Corporate Foundation  
Fred C. & Katherine B. Andersen  
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Otto Bremer Foundation  
Polk Burnett Operation Round-Up  
Amery Area Community Foundation  
& St Croix Valley Foundation

  
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222 Harriman Ave. N. • Amery, WI 54001  
(715) 268-7111 • [www.williamsonwhite.com](http://www.williamsonwhite.com)

A Family Tradition  
At Williamson-White we know the importance of family. Being family-owned means respecting family values-compassion, sensitivity, and a commitment to helping other families in their time of sorrow. By making arrangements before the time of need, your family can be relieved of making tough decisions during their time of grievance. We believe in transforming a fond remembrance into a truly meaningful and personal event for you and your family. Contact us for more information on funeral preplanning and prefunding through 222 Harriman Avenue North Amery, WI 54001 715-268-7111

### Thank You!

*A very special "Thank you" to those who have so generously given to the Amery Area Community Center. There are far too many to name you all, know that each of you are valued and we appreciate your support more than words can say! You are a blessing!*

### How can a Gift can keep on Giving!

*Stuck trying to figure out what to give someone for their birthday? How about an annual gift certificate for membership to the Amery Area Community Center? It's a great way for everyone to celebrate their special day! Gift Membership Certificates and memorial envelopes available in the office.*

I want ♥ to send out a sincere thank you to all those that have volunteered at the center, whether it is making coffee, helping out and organizing groups, helping install something or touching up paint, mowing or weeding and taking care of us, it does not go unnoticed!

*Thank you*



# Amery Area Community Center Membership Application

608 Harriman Avenue South – Amery, WI 54001 – 715-268-6605

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

EMERGENCY CONTACT/PHONE: \_\_\_\_\_

WOULD YOU LIKE TO BE ON A COMMITTEE? Finance Membership Personnel Board Member

ARE THERE ANY PROGRAMS YOU WOULD LIKE TO SEE HERE OR BE WILLING TO LEAD? \_\_\_\_\_

\_\_\_\_\_

By signing this form, I will hereby follow the Code of Conduct that was given to me. (See office for more details)

**Member Signature**

\_\_\_\_\_

## **Amery Area Community Center**

608 Harriman Ave. South  
Amery, WI 54001  
715-268-6605



Ann Richter - President  
Bonnie Timm - Vice President  
Steve Sondreal - Secretary  
Dirk Prindle – Treasurer  
Sharon Marks-City Representative  
Dean Elken- Director  
Wendell Anderson - Director  
Jean Mattakat - Director  
Jean Frank - Director  
Marv Sias - Chair, Personnel and  
Volunteer Services  
Open- Finance and Governance  
Services

NON-PROFIT  
ORGANIZATION  
Permit #21  
U.S. POSTAGE  
**PAID**

Amery, WI 54001

Address Service Requested