

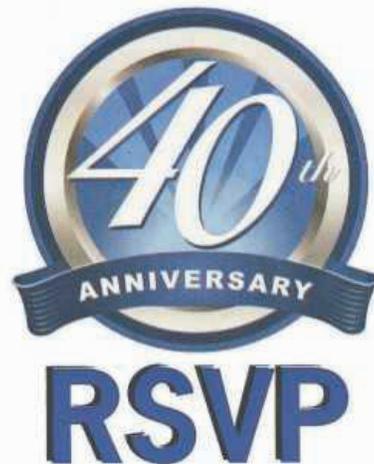
The Power of 50 Plus

A Joint Publication of
The Retired & Senior Volunteer Program of Rock. Co, Inc. &
Grinnell Hall Senior Center

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Fall Plant /Bake Sale at Grinnell Hall

Fall Plant & Bake Sale

Our first plant and bake sale was so successful, we are offering a fall version of this popular event.! Join us on **Monday, October 7th and Tuesday October 8, beginning at 8 a.m.**



You can participate by donating items and / or buying them. We are looking for people to donate both indoor and outdoor plants. We are in

need of both larger plants or slips or starts If you have any unusual or uncommon plants, we would love to be able to offer those as well. Plant donations can be brought in anytime between 8 am and 4 pm . We are also in need of baked goods to be donated. Cupcakes, breads, cookies, candies etc. Bring them in wrapped and priced the morning of **October 7th.** There will be a sign up sheet at the front desk for donations.



Craft Show Scheduled for November



Shop For The Holidays

Arts and Craft Show
Saturday November 2,
9:00 a.m. - 3:00 p.m.

Grinnell Hall

631 Bluff Street, Beloit

Craft booths on both levels

Crafters from Wisconsin,
Illinois and Iowa!!

Don't miss this great opportunity to purchase unique and one of a kind items for yourself AND get some early holiday shopping done!

Grinnell Hall Senior Center



A Word From The Coordinator Paula Schutt

Fall has arrived and we are going strong here at Grinnell Senior Center.

What a month we had in September!

Our open house was a huge success and we added a number of new members. That week was also a banner week for attendance as we had over 100 people coming through our building every day!

There is no doubt we are growing and doing it quickly. Hang on to your hats because we are not done yet! We are planning on introducing some wonderful **2014 membership packages** beginning in November. All memberships will begin in January and expire on December 31 of each year.

There has not been a better time to become a member of Grinnell Hall!

We have a number of new programs in the works and early in October, we will be using a sign in system that is user friendly and fun to use! Our notepad that people have been used to sign in on will be retired and there will be a colorful new way to be welcomed into the building when you register.

We said farewell to Judy Haberman on September 18. Judy worked for the Voluntary Action Center and had been placed in that position for almost 3 years. Because it is a job training program, the funding requires people move on after a period of time. Judy not only handled the Beloit Chore Service very efficiently and professionally, she also gave a great deal of her personal time to the senior center. She helped in hundreds of ways, and most of all was ready with a smile and a joke to cheer you up. She was a warm friendly lady with a positive outlook on life. She will be dearly missed. Thanks for all you have done for Grinnell Judy!

Teri Pass, Benefit Specialist with Rock County has accepted another position with the county and she will no longer be doing outreach as Grinnell.

Teri is also a very caring individual who helped hundreds of people during her time with Rock County. People depended on her to unravel the mystery of all the governmental red tape attached to their benefits. She had a real heart for those she assisted and always went over and above in helping people. Thank you so much Teri for all you have done. You will be greatly missed as well.

New Board Members

2013 - 2014 Board Members Named

Congratulations to our new advisory board members for the coming year! New to the board is Beth Bausman, Gloria Meyer and Art Graham. They replace Yoshi Glos, Pat Devins and Bob Hopper. Thank you to the outgoing members for all of their work and dedication. The board also elected officials for the coming year. The new board line up is as follows:

Robert Harlow.....Chair
Skip Gleasman.....Vice Chair
Art Graham.....Treasurer
Robert Sager.....Secretary
Terri Defauw, Robert Garner, Karen Nelson,
Beth Bausman, Gloria Meyer

*Beauty in the young is an act of nature
Beauty in an elder is a work of art*

Many Thanks To Our Generous Friends

Thank you to the following generous souls who make this phrase a reality - "We get by with a little help from our friends." We appreciate each and every donation.

Cookies, Coffee or Lemonade

John Wilson, Yoshi Glos,
Georgette Kinsey, Carol Bartram, Leni Mattelig,
Sue Hart,

Fresh Produce

Wendell Anderson, Georgette Kinsey, Hazel Black,
Sherry Blakely

Bingo Prizes & Gift Shop Items

Leni Mattelig, Georgette Kinsey, Dolores Wolf,
Pat Devins, Francis Case, John Powers, David
Deezik, Georgette Kinsey, Ceil Phillips, Jeanne
Pearson, Sue Hart, Carol Logan

Dave & Betty Sterna

DVD Player, television set, candy, pine cones, table

Georgette Kinsey

money for yarn, bars, canned goods,
Linda Kinder.....plant
Carol Moran.....yarn
June Hargrave.....tea, books for library
Herb West.....puzzles
Fran & Gerry Cliffe.....yarn

Classes and Programs

How To Avoid Becoming Victim To A Scam

Join us on **Thursday, October 24 at 10:00 am** as we welcome Detective John Fahrney with the City of Beloit Crime Stoppers. Detective Fahrney will brief us on the variety of scams that are currently being used and inform us how to avoid becoming a victim. With today's economy, scams are becoming increasingly wide spread. Phone scams, door to door scams and even internet scams are common. Every one of us could be a possible victim. Each day the newspaper carriers stories of how another person has lost money, possessions or been the victim of identity crime. Learn what to watch out for and how to combat scammers. There is no charge for this event and it is open to both members and non-members. Please call and pre-register by calling 608-364-2875.

Stitch & Chat

Monday, October 21 at 1:00 p.m. join other sewing enthusiasts in our multi-purpose room. It is a great way to get new ideas and make new friends while working on something you enjoy. No need to sign up, unless you want to make sure we have a sewing machine available. There is no cost for this activity and you can bring whatever project that you are working on. Join us and bring a friend!

A Crafty (And Fun) Afternoon

Grab a friend and join us for an afternoon filled with different crafts, snacks and fun conversation with the ladies! This afternoon of fun is sponsored by **Beloit Regional Hospice**.



Each month is a different craft and there is no charge! Sign up early for this class, as it is sure to fill up quickly. The first monthly class will be held on **Thursday, October 24, beginning at 1:00 p.m.** in the lounge.

Just For Vets

Our "**Just For Vets**" coffee meets on **Tuesday, October 1 at 8:00 am** and **Thursday, October 17 at 1:00 p.m.** All vets are welcome to stop my Grinnell Hall, visit with other vets and enjoy some snacks. There is no charge for this and it is opened to all Vet's regardless of their age. Cards are available for those who wish to play and we will also have the bag game set up.

Fire Safety in Your Home

There are many ways a fire could start in your home, leaving you without a place to live or injured. You can learn how to avoid the dangers of home fires on **Thursday, October 17th at 10:00 a.m.** Beloit Fire Department officials will be at Grinnell that day to educate you on the ABC's of fire safety and how to take precautions to keep you and your family safe. There is no charge for this event and it is open to both members and non-members. Pre-registration is required by calling **608-364-2875**.



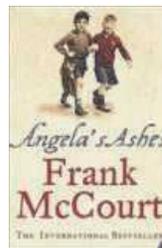
Wood Artist To Speak At Grinnell

David Thill, regionally known wood burner will be demonstrating at Grinnell Hall on **Thursday, October 10th at 9 am.** Thill was recently featured at the annual carving show and sale hosted by the Rock River Valley Carvers of WI in Janesville. He has won many awards for his work using colored pencils on wood burned creations. He will demonstrate his method of blending the colored pencils into the wood to get a desired effect.

The woodcarvers at Grinnell Hall meet weekly on Thursdays at 9AM and invite anyone interested. A variety of carving projects from wood burning, carving in the round, chip carving and more are being worked on at anyone given time. For more information contact **Donna Kjendlie at 921-1537**.

Angela's Ashes Book Club Pick in October

Young Frank McCourt is born in America barely five months after his parents were wed. His father squanders the family's wages at the pubs and soon the family moves back to Ireland. Frank and his family move from slum to slum as his father drifts aimlessly from one job to the next and from one pub to the next, coming home at midnight to rouse his boys from bed, making them promise to die for Ireland. . Forced to be a man long before most kids even have a paper route, Frank is soon working to supplement whatever his mother can get handed from the government or begging while his father is off working and drinking in England's war-time industries. Frank dreams only of returning to America, where "everyone is a movie star."



Join The Grinnell Bookies on **Monday, October 21, at 1:00 p.m.** for a lively discussion of this controversial book. The group is open to both members and non-members and there is no charge.

More Classes And Programs

Veterans Day Celebration in November

All veterans are invited to join us at Grinnell Hall on **Monday, November 11** as we thank and celebrate the Veterans in our area. The event begins at 9:30 a.m. and concludes at 11:30 at which time lunch will be served to all attending. Veterans are the guests of Grinnell Senior Center. Reservations are required for the lunch and they can be made by calling Grinnell Hall at 608-364-2875. More information available in the November newsletter.



Bingo - Same Day - New Way

Bingo enthusiasts will want to be at Grinnell Senior Center on **Thursday, October 24 at 1:00 p.m.** That is the day we introduce our **NEW** Bingo. We have made a change from the usual prizes we hand out each month. Each person will purchase a card for .25 per card with a four card maximum. Riverside Terrace is our new bingo sponsor. All money that is collected will be handed out in prizes according to the number of people playing. The more people - the more winners. Hope to see you there!

Euchre Twice A Month

Beginning in October we will play Euchre twice a month. The first time in October will be **Thursday, October 3rd at 12:30 p.m.** The cost will be \$5.00 and .25 per bump. All money will be given back in prizes. The second Euchre tournament will be held on **Thursday, October 17 at 12:30 p.m.** The cost on this day is \$1.00 and .10 per bump. Euchre is open to all seniors, both members and non-members. You do not need to sign up ahead of time.



Cards and More.....Dates and Times

Bridge Marathon.....Friday, Oct. 11 at 12:30 p.m.
Euchre Tournament.... Thursday, October 3 & Thursday, October 17 at 12:30
 500 Cards.....Each Wednesday & Friday at 12:30
 Cribbage.....Each Tuesday at 1:00 p.m.
 Bridge Lessons.....Each Monday at 12:30
 Mahjong.....Each Wednesday at 1:00 p.m.
 St. Jude's Bridge.....Tuesday, October 15 at 12:30

Health And Wellness

Avoiding Falls

A fall can happen in a split second, changing your life forever. There is seldom any warning when you fall, and the consequences can be devastating. The truth about falls may not seem like a lively topic, but it's important. About one third of people over the age of 65 and almost half of people over the age of 80 will fall at least once this year. Falls can diminish your ability to lead an active and independent life. There usually are several reasons for a fall including the fear of falling. So please join us on **Thursday, October 10 at 10:00 a.m.** as Beth Doerrfeld from Beloit Health and Rehab shares simple ways to prevent falls. Please call **Grinnell Senior Center at 608-364-2875** and pre-register for this **free** program.



Love Your Feet Workshop



Your feet take a beating each day and just keep on going. But, they get tired and need a break every now and then. Maureen Birchfield, National Board Certified Reflexologist,

will be conducting a workshop.

“Love Your Feet Workshop”.

Thursday, October 22

1 pm until 3 pm.

The cost of the workshop is just \$5.00, but you space is limited, so you must sign up in advance.

This is a hands-on workshop where you will learn about reflexology and how to do self-care or help a friend or family member with the problems of stress or minor health issues. Reflexology is a manual complementary therapy that has been proven to help with many health issues and especially stress and tension. *Love your health? Love your feet!!*

Additional Memory Testing Scheduled

September's memory screening clinic was so successful we scheduled another one for this month! **Friday, October 11** from **9 am - 3 pm** a professional and confidential memory screening will be offered by the **Alzheimer's Support Center**. The screening takes approximately 20 minutes, is free of charge and open to anyone. Appointments are required and can be made by calling **608-364-2875**.

Health & Wellness

Blood Sugar Testing

Fair Oaks Health Care Services from South Beloit will be offering blood sugar and pressure testing on **Thursday, October 10 at 10:00 a.m.** This is a walk in service and there is no cost.

Weekly Exercise Opportunities

Chair Exercises.....Monday 8:30 a.m.
 Beginning Line Dancing.....Tuesday 9 a.m.
 Line Dancing.....Tuesday, 10 a.m.
 Morning Stretch.....Wednesday, 8:30 a.m.
 Easy Stretch Yoga.....Wednesday, 9:45 a.m.
 Walking with Yoshi.....Thursday, 8:15 a.m.
 Tai Chi.....Friday at 8:30

Reflexology

Reflexologist Maureen Birchfield will be at Grinnell on **Thursday, October 10** beginning at 1:00 p.m. This service is by appointment, open to all seniors and costs just \$15.00 for a 30 minute session. Call **608-364-2875** to make your appointment.

Enjoy Relaxation With A Massage

Make your appointment today with Kathy Pann for **Wednesday, October 23** beginning at 11:30 for a 15 min. chair massage. This is a great way to relax and relieve stress. If you have not tried this service yet, make an appointment. You will be surprised at how good you feel when you are finished. The cost is just \$12.00 and it is worth every cent! Call 608-364-2875

Relieve Stress & Pain Naturally

Don't settle for living with pain. Instructor, Geri Feldman, can help you learn methods to relieve chronic pain & stress with simple relaxation techniques. This class meets each Wednesday at 3:00 p.m. Please sign up prior to the class by calling Grinnell 608-364-2875. There is service.

Foot Clinic Schedule for October

October's foot clinic will be held on **Wednesday, October 16 and Thursday, October 17** beginning at 1:00 p.m. The cost is just \$15.00. Schedule your appointment by calling 608-364-2875.

 <p>Daley • Murphy • Wisch & Associates FUNERAL HOME AND CREMATORIUM 2355 Cranston Rd. Beloit, WI 53511 608-362-3444 www.daleymurphywisch.com</p>	 <p>CHAD SCHULTZ 608-361-1000 www.premier-technologies.com 617 E. Grand Ave. Beloit, WI</p>	 <p>Meal Magic Personal Chef Service Home Delivered Meals Convenient Monthly Deliveries www.mealmagicinc.com • 608-754-5833</p>	
 <p>Mouse Tavern & RESTAURANT FISH FRY FRIDAY CHICKEN & DUMPLINGS SATURDAY Wed./Thurs./Fri. Lunch - Serving 11:30-1:30 Mon./Tues./Wed./Thurs 5-8, Fri. & Sat. 5-10 1408 Madison Road, Beloit 362-1196</p>	 <p>The Heartwarming House Senior Assisted Living <i>Home is where the heart is...</i> Private Rooms - Home Cooked Meals Activities - Housekeeping - Laundry - Salon Medication Management Douglas Hearn, Administrator 238 E Madison Ave Milton, WI 53563 608-868-3040 www.theheartwarminghouse.com</p>	 <p>AT-HOME HEALTHCARE A Service of Beloit Memorial Hospital Hours M-F 8:00 AM to 4:30 PM SERVICES INCLUDE: • Skilled Nursing 24/7 • Physical Therapy • Occupational Therapy • Home Health Aides • Speech Therapy • Medical Social Worker • Medicare/Medicaid and most Health Insurances plans 1904 E. Huebbe Pky., Beloit, WI 53511 608-363-5885</p>	
 <p>Beloit Bucciferro Family</p>	 <p>Under New Management 1 Bdrm Apts & Efficiencies • Pets Welcome SENIORS 62 years or older Rent is based on 30% of Income. Available Now!!!  Call Today 608-754-4040 Burbank Plaza 1112 W. Burbank Ave., Janesville, WI 53546</p> <p>HILLCREST APARTMENTS Affordable 1 & 2 Bedroom Apts. for Seniors 55 & Better Rent includes Heat & Water A Fun Community With Many Amenities Income Restrictions Apply Professionally Managed by OAKBROOK CORPORATION  2200 Burton St., Beloit, WI 608-363-9246 </p>		

Services Offered

Beloit Chore Service Help With All Your Fall Projects

Fall cleanup can be overwhelming when you have no help. Beloit Chore Service can match you up with an affordable, friendly person who can take care of just about any small project you might have. House cleaning, fixing small items that are broken, raking the yard or just taking down the drapes and getting them washed and back up. Call the **Beloit Chore Service** at **608-365-5670**. Talk with the Chore Service Coordinator Monday through Friday 10:00 a.m. to 2:00 p.m.

No Benefit Specialist Outreach in October
Due to the Rock County Benefit Specialist taking another job, there will be no outreach scheduled during the month of October and November. For more information call **The Rock County Council on Aging** at **608-757-5472**.

Jewelry Repair and Cleaning

Stop in **Tuesday, October 15** any time between **9 a.m. and 3 p.m.** to have your costume jewelry repaired and or cleaned by Marilyn Piper. She fixes clasps, restrings broken necklaces and more. She will even re-design pieces by request. Call to make an appt. or just stop in.

Jewelry Class Scheduled Just in Time for Holiday Gift Giving

Join jewelry instructor Marilyn Piper on **Tuesday, October 29**. She will have two classes, one beginning at **9:00 a.m.** and another at **1:00 p.m.** Let your imagination fly and come ready to create a pair of earrings, a bracelet or even a necklace. Marilyn will have samples to give you some ideas and get your creativity flowing. You can create a pair of earrings for that special friend, or just for you. It is the perfect time to begin planning for gifts you may want to give. The class is free, with a small cost for the materials used.

 <p>Comfort Keepers</p>	<p>We provide in-home care:</p> <ul style="list-style-type: none"> • Companionship • Incidental Transportation • Laundry, Cooking • Grooming, Dressing • Grooming, Dressing Guidance • Light Housekeeping • Errands, Shopping • Recreation, Crafts • Personal Care Services • Medication Reminders <p>5215 Elevator Rd, Roscoe, IL 61073 Phone: 815-623-6602 e-mail: roscoe@comfortkeepers.com Web: www.comfortkeepers.com/office-323</p> <p><small>Serving Areas of Northern Winnebago County and Southern Wisconsin Each Office Independently Owned and Operated</small></p>	<p><i>Transforming the</i> CULTURE of Care.</p> <p>Azura Memory Care is a trusted provider of innovative memory care services for those in need of short-term respite or long-term care assistance. From homelike settings to transformational MOSAIC by Azura programming, our communities provide a safe and nurturing place for those with memory care needs.</p> <p>Call us today to learn more or visit our website at www.azuramemory.com and witness our exceptional care!</p> <p>AZURA MEMORY CARE</p> <p>(608) 295-2764 Beloit Clinton Janesville www.azuramemory.com</p>
<p>HANSEN-GRAVITT FUNERAL HOME</p> <p>608-362-6044</p> <p>424 PROSPECT ST. BELOIT, WI 53511</p> <p>Noisy Workplace = Free Hearing Aids</p> <p>CALL TODAY 888-980-8063 JohnsonLawOffices.net</p>	<p>Are you ever alone?</p> <p><i>You're never alone when you have a medical alert!</i></p> <p><i>"I feel more independent, safe, and secure with my medical alert."</i></p> <p>Less than \$1 per day</p> <ul style="list-style-type: none"> ▶ No Long-Term Contracts ▶ Price Guarantee ▶ A+ Rating with BBB ▶ Made and Monitored in the USA <p>Call Today to learn more about our Special Offer.</p> <p>1.877.801.7772 Toll Free</p> 	<p>Village on Olympian Hill</p> <p>431 Olympian Blvd Beloit, Wi</p> <p>The Best in Below Market Rental Rates for Income Eligible Persons</p> <p>Efficiency, One and Two Bedroom Apartments Only \$200 Security Deposit 1st Month Rent Free \$50.00 off a month the 1st Year of your lease</p> <p>Small Pets are Welcome Cable TV at a discounted rate Garages Available</p> <p>Call today to see the community 608-363-8360</p> <p>Locally Managed by Wisconsin Management Co. Staff</p>

Rock County Nutrition Grinnell Hall Senior Chews and News

October 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Beef Soup w/ noodles Peas Tosses Salad w/ dressing Wheat Dinner Roll Hot Peaches w/ granola	2 Chicken Drumsticks Mashed Potatoes Gravy Brussels Sprouts Wheat Bread Peanut Butter Cookie	3 Ground Beef and Cabbage Casserole Riviera Blend Veg. Dinner Roll Fruit Whip Salad	4 Quiche w/ Cheese, Ham, and Spinach CA Mixed Veg. Red Potatoes Dinner Roll Fruit Jello
7 Chopped Steak Baked Potato Red Cabbage Wheat Bread Mandarin Oranges	8 Swedish Meatballs w/ Noodles San Francisco Veg. Wheat Bread Apricots & Peaches	9 Cheesy Potato Soup Hot Applesauce w/ Cinnamon WI Blend Veg. Dinner Roll Pumpkin Bars	10 Chicken Broccoli and Rice Casserole Stewed Tomatoes Tossed Salad w/ Dressing Wheat Bread Sliced Pears	11 Hot Pork Sandwich w/ Wheat Bun Baked Beans Parsley Red Potatoes Snickerdoodle Cookie
14 Shepherd Pie Mashed Potatoes Winter Mix Vegetables Wheat Bread Apple Slices	15 Pork w/ Dijon Sauce Brown Rice Green Beans Dinner Roll Tropical Fruit	16 Spaghetti & Meatballs Carrots Garlic Bread Pineapple/Oranges	17 Stuffed Chicken Breast w/ Cheese & Spinach Squash Broccoli Wheat Bread Choc. Cake/Frosting	18 Tuscan Veg. Soup Baked Potato Tossed Salad/Dressing Wheat Roll M & M Cookie
21 Burgundy Tips w/ Egg Noodles Garden Blend Vegetables Wheat Roll Diced Fruit	22 Chilli w/ Gr. Turkey Peas/Carrots Italian Pasta Salad Corn Bread Chunky Applesauce	23 Baked Chicken Thigh & Leg Mashed Potatoes w/ Gravy CA Mix Vegetables Wheat Bread Sliced Peaches	24 Rosemary Pork Loin Sweet Potatoes Pears Rye Bread Chocolate Browning	25 Western Meatloaf Parsley Red Potatoes Green Beans Dinner Roll Sugar Cookie
28 Chicken Cacciatore w/ Penne Pasta Winter Blend Vegetables Breadstick Mandarin Oranges	29 Navy Bean Soup / Ham Squash Tossed Salad/ Dressing Dinner Roll Hot Spiced Apples	30 Chicken Breast Scalloped Potatoes w/ Ham WI Blend Vegetables Wheat Bread Carrot Bar	31 Baked Breaded Fish Carrots Green Beans Wheat Roll Lemon Poppyseed Cake	

Meals served Monday through Friday. Milk served with all meals. Coffee & tea served with dining center meals. Suggested donation for each meal is \$3.25. **Meals require reservations which must be made by noon of the prior business day.** For reservations or additional information, please call the Rock County Nutrition Program at 757-5474. Meals available to anyone 60 years of age or older.

Funding provided by the Title III Older Americans Act and donations. Rock County is an equal opportunity employer.

October Activities

2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 8:00 Billiards 8:00 Vets Coffee 9:00 Beginning Line Dancing 10:00 Reg. Line Dancing 12:30 Bridge 1:00 Cribbage 1:00 Basic Drawing	2 8:00 Billiards 8:30 Morning Stretch 9:30 Bridge 9:45 Easy Stretch Yoga 12:30 Cards—500 1:00 Mahjong 3:00 Stress & Pain Relief	3 8:00 Billiards 8:15 Walking with Yoshi 9:00 Grinnell Board Mtg. 9:00 Woodcarving 12:15 Theatre Group 12:30 Euchre Tournament 1:00 Quilling	4 8:00 Billiards 8:30 Tai Chi 9:30 Raisin-ettes 12:30 Cards—500
7 8:00 Billiards 8:00 Plant & Bake Sale 8:30 Chair Exercise 9:00 Paper Crafting 9:30 Golden-aires 12:30 Bridge Lessons	8 8:00 Billiards 8:00 Plant Sale 9:00 Beginning Line Dancing 10:00 Reg. Line Dancing 10:00 Beginning Computer 10:00 Blood Pressure Check 1:00 Cribbage 1:00 Basic Drawing	9 8:00 Billiards 8:30 Morning Stretch 9:30 Bridge 9:45 Easy Stretch Yoga 12:30 Cards—500 1:00 Mahjong 3:00 Stress & Pain Relief	10 8:00 Billiards 8:15 Walking with Yoshi 9:00 Woodcarving Speaker David Thill 10:00 Falls - speaker 10:00 Blood Sugar 12:15 Theatre Group 1:00 Reflexology 1:00 Quilling	11 8:00 Billiards 8:30 Tai Chi 9:00 Memory Screening 9:30 Raisin-ettes 12:30 Cards—500 12:30 Bridge Marathon
14 8:00 Billiards 8:30 Chair Exercise 9:00 Paper Crafting 9:30 Golden-aires 12:30 Bridge Lessons	15 8:00 Billiards 9:00 Jewelry Repair Cleaning thru 3 pm 9:00 Beginning Line Dancing 10:00 Reg. Line Dancing 10:00 Beginning Computer 12:30 St. Jude's Bridge 1:00 Cribbage 1:00 RSVP Luncheon 1:00 Basic Drawing	16 8:00 Billiards 8:30 Morning Stretch 9:30 Bridge 9:45 Easy Stretch Yoga 12:30 Cards—500 1:00 Mahjong 1:00 Foot Clinic 3:00 Stress & Pain Relief	17 8:00 Billiards 8:15 Walking with Yoshi 9:00 Woodcarving 10:00 Fire Safety 12:15 Theatre Group 12:30 Euchre Tournament 1:00 Vets Coffee 1:00 Foot Clinic	18 8:00 Billiards 8:30 Tai Chi 9:30 Raisin-ettes 12:30 Cards—500
21 8:00 Billiards 8:30 Chair Exercise 9:00 Paper Crafting 9:30 Golden - aires 12:30 Bridge Lessons 1:00 Grinnell Bookies 1:00 Stitch & Chat	22 8:00 Billiards 9:00 Beginning Line Dancing 10:00 Reg. Line Dancing 12:30 Bridge 1:00 Cribbage 1:00 Basic Drawing 1:00 Love Your Feet Workshop	23 8:00 Billiards 8:30 Morning Stretch 9:30 Bridge 9:45 Easy Stretch Yoga 11:30 Massage by Kathy 12:30 Cards—500 1:00 Mahjong 3:00 Stress & Pain Relief	24 8:00 Billiards 8:15 Walking with Yoshi 9:00 Woodcarving 10:00 How To Avoid Being Scammed 12:15 Theatre Group 1:00 Bingo 1:00 Crafts & Chats	25 8:00 Billiards 8:30 Tai Chi 9:30 Raisin-ettes 12:30 Cards—500
28 8:00 Billiards 8:30 Chair Exercise 9:00 Paper Crafting 9:00 Jewelry Class 9:30 Golden - aires 12:30 Bridge Lessons 1:00 Jewelry Class	29 8:00 Billiards 9:00 Beginning Line Dancing 9:00 Jewelry Class 10:00 Reg. Line Dancing 12:30 Bridge 1:00 Cribbage 1:00 Basic Drawing 9:00 Jewelry Class	30 8:00 Billiards 8:30 Morning Stretch 9:30 Bridge 9:45 Easy Stretch Yoga 12:30 Cards—500 1:00 Mahjong 1:00 Ladies Pool / Billiards 3:00 Stress & Pain Relief	31 8:00 Billiards 8:15 Walking with Yoshi 9:00 Woodcarving 12:15 Theatre Group	Our Lunch Program “Chews & News” is offered Monday through Friday at 11:30



**A Word From
Executive Director
Robert W. Harlow**

I recently attended the 100th birthday party for one of our long standing volunteers. Grace Phillips turned 100 on September 2nd, she began with

RSVP in 1980 and has been a member of the RSVP family for 33 years! Being a dedicated baseball fan and a regular at the Snappers games for many years, it was fitting that “Snappy” attended her birthday party. She was very pleased and excited to see Snappy.

Not only was there a party for Grace at Scoville Apartments, where she recently moved. She was also honored at the Beloit Senior Center as a guest of honor for the congregate meal that day. She was presented with cake and a bell which she used at Grinnell when she was the congregate meal coordinator for many years.

Grace has seen many things since being born in 1913. While she may not like all of the changes she has seen in her life, she remains open minded and enthusiastic about living every day to the fullest. Maybe that’s why she has lived so long. Thanks to Grace for all that she has done for RSVP and also thanks for being a model of how one should approach and embrace life itself.

Autumn is a great time of year, the weather cools down, colors are plentiful, baseball is entering playoff mode and football begins. While some may be saddened by the end of summer and the soon to come winter months, did I mention that it is the start of football season!

The RSVP Intergenerational programs are set to begin another school year and I know that our volunteers are eager to get started with their activities. Once again this school year, our wonderful volunteers will touch the lives of over 1000 children in the Rock County community.

Something new: We are featuring one of our intergenerational programs in this months newsletter and will feature all of them in the coming issues.

Check out Intergenerational Heroes on page 12.

Contact Linda at our office if you would like to become involved in this fulfilling and rewarding opportunity.



Grace Phillips 33 year RSVP volunteer celebrates her 100th birthday.

**Do You Have Questions
About Your Social Security?**

We ran this article in a newsletter several months ago, but every so often someone calls us for the phone number of the Social Security office, so we thought it might be a good idea to run it again.

The Social Security Administration has an Internet website at www.ssa.gov. Their website is a valuable resource for information about all of Social Security’s programs. There are a number of things you can do online at their website.

In addition to using their website, you can call them toll-free at 1-800-772-1213. They can answer specific questions from 7 a.m. to 7 p.m. Monday through Friday. They can provide information by automated phone service 24 hours a day. You can use their automated response system to tell them of a new address or request a replacement Medicare card.

If you are deaf or hard of hearing, you may call their TTY number, 1-800-325-0778.

They treat all calls confidentially. The Social Security Administration also wants to make sure you receive accurate and courteous service.

(This information obtained from Social Security’s website at www.ssa.gov)



Seniors Volunteering For Seniors

Jim Haugen started volunteering for RSVP in the Seniors Volunteering for Seniors program in January of 2013. He is retired from United Industries. He started with a few different people, taking them for groceries and to doctors appointments around the County.

In March of 2013 Janet called looking for rides to the Beloit Clinic. Jim began taking her to the clinic and is now her regular driver. He also takes other people to their appointments and is willing to go to Evansville, Orfordville, Beloit and other communities within the county.

Janet has also been taken to appointments by Darlene VanHecker when Jim is unavailable.

You can become a part of this program and help seniors who no longer drive get to their medical or dental appointments, to the bank and to the grocery store.

Senior pedestrian safety will be continued in the November issue of The Power of 50 Plus.



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Intergenerational News

Four Intergenerational Programs Still Need Your Help

We are looking for volunteers to help with our intergenerational programs. So, don't be shy and stop putting off getting involved. Join today and discover what you are missing.

B.A.B.E.S.

(Beginning Alcohol and Addition Basic Education Studies)

This is a puppet show to educate first graders about substance abuse, peer pressure, coping skills, good decision making and self image. This is a five week program that meets once a week for 45 minutes in the fall and spring.

Intergenerational Heroes

This is an after-school program that teaches fun, healthy activities and hobbies in small groups of 4th, 5th and 6th graders in Beloit and Clinton. This is a six week program that meets every Tuesday for one hour in the fall and spring. We will be at Clinton Middle School in the fall and Townline School in the Spring.

Folk Fairs

Are you still thinking about joining the Folk Fair family? Well stop thinking about it and join us in the upcoming school years schedule. Folk Fairs and join us in the upcoming school years schedule. Folk Fairs are living history lessons given to area elementary students. RSVP volunteers demonstrate and share how to make butter, soap and sauerkraut. They play the lap dulcimer and demonstrate how to clog and line dance. They also share antiques, a collection of dolls and old wooden toys. You say you don't have a talent or hobby that you can share, well no problem. We will be happy to set you up with one of our displays. Our first Folk Fair will be at Cedar Crest on October 10th.

America Reads

Do you enjoy reading? Why not share that joy with area students who are struggling. Reading is a key to success in education and in life. Did you know that four out of ten fourth graders can't read at grade level? There is a huge demand for volunteers that are willing to help students with their reading. You can make a huge difference in the life of a child through this valuable volunteer project.



So, what are you waiting for? Please call Linda at 362-9593 or 756-4281 and start becoming an "Intergenerational Hero" by volunteering for one or more of these fun volunteer opportunities!

This month we feature Intergenerational Heroes.

In each issue of the newsletter we ask for volunteers for our intergenerational programs. Maybe if our volunteers had a better idea of just what each program entails it would encourage some of you to take part.

Intergenerational Heroes is an after school program involving RSVP volunteers and students. It is held once a week for 6 weeks. Volunteers interact with 3rd grade through 6th grade students in various activities.



Janet Kopp and Deb Ulrich work with the Arts & Crafts group



Sandie Storley and Mary McQuisten join children playing board games



RSVP Intergenerational Heroes, Kathryn Bakke, Diane Hoops, Mary McQuisten, Sandie Storley Janet Kopp, Deb Ulrich, Joyce Grey, (Mary Ellen Madere not pictured)



Diane Beilke and Kathryn Bakke show children how to make healthy snacks

A new project will be added this year. It is working with plastic canvas and will be taught by Kathryn Bakke. With the price of gifts going up, it will be a good way to teach a child to make a gift from the heart.

RSVP has run this program in conjunction with the Just Say No Club at the schools since 1988. Seniors working with children is an excellent way for them to learn that no matter what your age is you are still fun to be with and have knowledge of things that are not only enjoyable but educational. Why not share your life experience, while giving a child a chance to become acquainted with one of the best people they can know, a Senior Citizen!

Yarn, Yarn, Yarn! We are Always Asking For More Yarn

We thought you might like to see just what the RSVP volunteers who knot and crochet make with all that yarn. Hats, mittens, sweaters galore, scarves, lap robes, baby booties and much more! All of these lovely items will be distributed to schools, assisted living facilities, homeless shelters and agencies that deal with people in need. RSVP In Home volunteers produce over 1500 items each year with yarn that has been donated or in several cases the volunteers provide the yarn they use. The most popular yarn used by our volunteers is 4-ply, preferably not wool.. We do however, have one volunteer who will use specialty yarns to make a wonderful variety of caps and hats. The only yarn we cannot use is rug yarn. When we receive a donation of this type of yarn, it is passed along to the salvation army for their yearly sale.



We Remember
Margie Elliott

Welcome to RSVP
Mary Rubnitz
Judith Witzak

Thank You
Grinnell Sr. Center - Yarn
Darlene Nelson - Yarn

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Cedar Crest Inc.

Acquire new skills and make new friends while helping your community. Long-term volunteers are needed for rewarding work with older adults at Cedar Crest. Here is a list of volunteer activities:

Bingo – Monday, Friday or Saturday
 Story Club – Friday evening
 Evening Games – Friday evening
 Daytime Games – Tuesday morning, Tuesday or Thursday afternoon
 Manicures – Mondays or weekends
 Indoor Sports – Tuesday
 iPod Volunteer – Flexible times
 Euchre – Mondays
 One to One Visits – Any day or early evening
 Roving Cart Visits – Any day or early evenings
 Wheelchair Walks- Any day or early evening
 Weekend volunteer – Saturday or Sunday afternoons
 Activities volunteer – Days and times vary
 For more information contact Linda Lyke at 608-373-6327 or email llyke@cedarcrestnet.com

Beloit Senior Center

Volunteers are needed to help at the Senior Center meal site. Tuesday and Friday from 10:30 To 1:00 p.m. Call Cindy Ross at 364-2875 for more information.

It's scary to think what the world would be like without Volunteers

CASA

CASA of Rock County is looking for volunteers to become the voice of an abused child. They train community volunteers to advocate for children who have been abused or neglected. After training volunteers are sworn in as “friends of the court” and spend time each week with the child and those involved in his or her life. They then report to the court how things are going with the child and what the child's wishes are. For more information please contact Kim or Connie at 608-305-0187 or Vivian at 362-9593 or 756-4281.

“Children are great imitators so give them something great to imitate”

* * * * *

City Hall Greeters Desk

There are still openings for volunteers at the City Hall Greeters desk. Four hour shifts are available Monday through Friday, 8:30 – 12:30 and 12:30 – 4:30. This is a great way to learn the workings of City Hall and to keep track of what is going on in Beloit. Call Vivian at 362-9593 for more information.



Salvation Army Janesville

The school year has begun and volunteers are needed to serve as bus drivers who will pick up children from local schools and deliver them to the Salvation Army for their after school programs. Interested volunteers must pass a background check and have a valid drivers license. Monday through Friday 2:45 – 3:45 p.m. After school homework assistants are also needed Monday through Friday, 3:15 – 5:30 p.m. On Call drivers with good driving records are needed to drive the Salvation Army vehicle to make pickups locally and occasionally outside the area.

Days and times vary. Kitchen Assistants are needed to assist the cook with preparation, serving and clean up from their daily community meal program. Volunteers must be willing to give a 3 month commitment. For more information contact Julie at 757-8300 or Vivian at 756-4281 or 362-9593.

The RSVP office will be closed:

Tuesday, October 1, 2013
 Beloit Senior Fair
 Friday, October 25, 2013
 Janesville Senior Fair
 Thursday, November 21, 2013-
 Thanksgiving
 Friday, November 22, 2013
 Thanksgiving holiday
 Monday, December 23, 2013
 Christmas Eve
 Tuesday, December 24, 2013
 Christmas Day
 Tuesday, December 31, 2013
 New Years Eve

Medicare is a federal health insurance program that helps people age 65 and older. It also helps some younger people with disabilities and people with end-stage kidney disease pay for their health care. The program has several parts.

Part A helps pay for inpatient hospital care and some other care, such as home health, hospice and skilled nursing facility care. **Part B** helps pay for doctor visits, some home health care, medical equipment, some preventive services, outpatient hospital care, rehabilitation therapy laboratory tests, X-rays, mental health services, ambulance services and blood. Medicare Advantage plans also known as **Part C**, are an alternative to Original Medicare and are offered by private companies. **Part D** helps pay for prescription drugs. Most people don't pay for **Part A** because they already paid for it through their payroll taxes while working. If you do not have premium free **Part A**, you may be able to buy it under certain conditions. Most people pay a monthly premium for **Part B** and **Part D**. Coverage for **Part B** and **Part D** is optional. Some people wait to sign up for **Part B** and **Part D**, but those who wait may have to pay more in monthly premiums for coverage later on. Like most other insurance, Medicare does not pay for all your health care costs. You're responsible for paying for the costs that are not covered, such as deductibles, coinsurance or co-payments. Medicare also doesn't pay for long-term care, such as custodial care or an extended stay in a nursing home. There are other services that Medicare does not cover, such as health care when you travel outside the country, which is why some people consider Medicare supplemental insurance.

Once you turn 65, you're automatically signed up for Medicare **Part A** and **Part B** if you are receiving Social Security or Railroad Retirement benefits. To qualify for Medicare, you had to have earned the required quarters of coverage. This generally means paying Medicare and Social Security payroll taxes for at least 10 years of your work life or meeting other specific requirements. If you are 65 and have not earned the required number of quarters of coverage, you still may be able to purchase Medicare on your own. You must be a citizen or permanent resident of the United States. If you're not sure if you're eligible for Medicare, call your local Social Security office or the Social Security toll free number at 1-800-772-1213.

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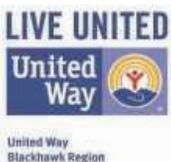
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 Website: www.rsvp-rock.org
 Issue Number.....4



Become a Friend of RSVP of Rock County

While the Board of Directors of RSVP appreciate the contributions of its many volunteers and community partners, it also acknowledges the need to raise additional dollars to ensure that RSVP of Rock County can continue to operate effectively with its partner agencies and volunteers.

If you would like to become a friend of RSVP of Rock County, please send your tax deductible donation to Retired and Senior Volunteer Program of Rock County, 2433 S. Riverside Drive #1, Beloit, WI 53511.

Your friend status will provide you with name recognition on the RSVP website as well as in its monthly newsletters.

Thank you again for assisting us in our mission of enhancing the lives of volunteers, age 55 and older through meaningful service opportunities that match life skills and interests to community needs



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