

Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center
Open to both Wisconsin and Illinois residents.

**November
2020**

Grinnell Hall
Senior Center
631 Bluff Street,
Beloit, WI 53511
608-364-2875

Debbie Kraus
Senior Center
Manager
krausd@beloitwi.gov

**We are currently
closed.**

The Mission of the Beloit Senior Center is to strive to fulfill the diverse interests and needs of mature adults, enrich their quality of life, maintain their independence and offer educational and volunteer opportunities.



Lest We Forget Mural Lynn Reynolds 2005
Located in Veterans Room at Grinnell Hall
Read more details about the mural on page 3

Lest We Forget Mural

The mural consists of 5 wars, beginning with WWI. The upper left-hand corner shows the silhouette of a soldier and the bi-planes flying in the sky. The soldiers marching down the road and the foxhole are depicting the Korean War. The bottom center of the mural is D-Day, with the forces landing on the beaches of Normandy.

The right-hand bottom corner shows a couple of Navy Seabees from WWII. (The person on the right depicts my father of whom I am extremely proud!) Above the ribbon, which represents the strength and pride of all who serve, you will find a WAC soldier.

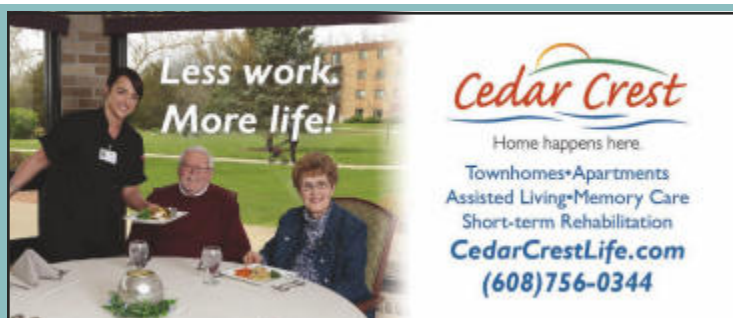
In the center, you will see soldiers crossing a river during the Vietnam War. The Vietnam War Memorial salutes female soldiers who are tending a fellow comrade, while other soldiers gaze toward the rescue helicopters in the skies above them.

The last picture in the mural (below the helicopters) shows a military unit paying tribute to a fallen soldier in Iraq.

I chose to paint some scenes in black and white while others are in color - representing time, memories, and their importance in our lives.

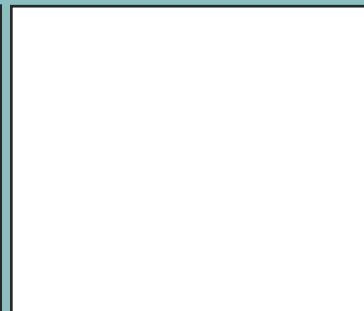
May we forever realize how all of these men and women have touched our lives, our hearts, our FREEDOM!

L. Reynolds
2005









2021 Membership Update

Dear Grinnell Hall Members,

I hope this note finds you all healthy and safe! We all have experienced a year that we won't forget anytime soon! Due to the Covid-19 Pandemic we lost the opportunity to serve you and we feel that it is important that you know Grinnell Hall isn't just about financial/budget numbers. Our goals have always been to serve our senior population to keep you active, engaged and welcomed at our Grinnell! With that said, the City administration would like to announce that anyone that had a paid membership to Grinnell Hall in 2020 will not have to pay a membership fee for 2021.

We hope that when we are able to open back up that you will again return and participate in activities or just come and socialize. Until then, we wish you all good health and look forward to seeing you back at Grinnell in the near future! Spencer Wait, Recreation Supervisor



Foot & Toenail Care

Tuesday, November 17

By appointment only beginning at 9:00am.



We recently connected with Deb Scullin, a Registered Nurse for 31 years. She has been providing toenail care for seniors for four years. She is also a certified Diabetes Educator for six years and retired from Fort Health Care. The foot clinic will include soaking feet in warm water, rinse and dry, clip and file and lotion massage. **Please note there will not be any nail dremelling.**

Appointments are set in advance and are open to non-members due to the necessity of toenail care for healthy toes and feet.

Each appointment is 20-30 minutes. As there cannot be social distancing between you and Deb Scullin while completing the toenail care, every precaution will be taken. When you arrive please call Grinnell to let us know you are here, you will be invited in by staff, and directed to the location, you must wear a mask at all times, Deb will wear a mask and gloves; all items used are disinfected prior and after use: separate sanitized wash bins will be used for each individuals. Staff and Deb Scullin will disinfect door knobs, chairs and items used. No other person will be allowed in unless assistance is needed.

Do not arrive more than 10 minutes prior to your appointment and bring your own towel.

There is a \$20 fee to be paid to Deb Scullin for her professional services to be paid the day of your appointment. Payment is by cash only. If you cannot keep your appointment please let us know as soon as possible. You will be required to sign a waiver on the day of your first appointment.

Activity Packets

Do you like doing word searches, crossword puzzles, colored pencil creations, brain teasers and the like? And if you are comfortable send in your colored pencil creations and we will include a photo in the newsletter.

Please give us a call in advance as to when you would like to pick up your packet.

Please note this is for members only.

Puzzle Exchange

We have puzzles from 300-1000 pieces. Keep the puzzles until you are ready to return. A good way to remember which one you did is to write your initials or name on the back of the puzzle box. We recently purchased some new larger piece puzzles. Puzzles are set aside for 2 days prior to being able to take out. They are fun and keep your mind active!

Give us a call when you are coming in so we can look for you.



beloit public library

Contact Beloit Public Library to register for their activities. www.beloitlibrary.org 608-364-2905

ANSWERS TO LAST MONTH'S SUDOKU PUZZLE

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

Can you complete the following. Answers page 7

You can't judge _____

It's no use crying _____

Make hay while _____

Give the cold _____

Let sleeping _____

Curiosity killed _____

A penny saved _____

Good things come _____

Don't put all your _____

Cold hands, _____

The grass is _____

His eyes are _____


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Beloit Senior Living ■ 2250 West Hart Road, Beloit, WI 53511

Alliant Energy Phone Scam



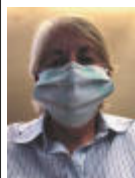
The City was recently made aware of scam calls coming to our residents that are linked to Alliant Energy.

The scammers threaten to discontinue service for non-payment. Alliant Energy reminds customers that employees will never call demanding an immediate payment. They will also never ask customers to make payments over email or with a prepaid credit card.

Alliant Energy's official phone number is **1-800-ALLIANT**. That is the only number to call if a customer has a question or concern about service.

Masks Available

A reminder to wash your masks as they do get dirty.



Beth Bausman, Sandy Buske, Paula Denson and Terry Babcock have made 260 cloth face coverings (masks) of 100% cotton as suggested by the CDC. We have distributed close to 120 cloth face coverings to date. If you would like one please call Grinnell to see what we have available and we will set up a date and time for pick up. Thank you ladies



For additional services, support and activities

Rock County Council on Aging 608-757-5472

www.co.rock.wi.us/aging

Aging and Disability Resource Center

608-741-3600

www.co.rock.wi.us/adrc

RSVP is in need of volunteers

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Grinnell Hall, Beloit, WI

C 4C 01-1352

Rock County Nutrition Grinnell Hall Senior Center

November
2020 Page 7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Parmesan Cauliflower Peas & Carrots Wheat Breadstick Cherry Orchard Bar	3 Baked Cod Broccoli Sweet Potatoes Pineapple Whole Wheat Bread Vanilla Yogurt	4 Roast Beef w/gravy Rosemary Red Potatoes Green Beans Whole Wheat Bread Banana Chocolate Cake	5 Chocolate Milk Baked Chicken Breast Mashed Potatoes w/gravy Steamed spinach Whole Wheat Bread Snickerdoodle Cookie	6 Chili w/Beans Corn Cauliflower Blend Cottage Cheese Wheat Dinner Roll Fudgy Fiber Brownies
9 BBQ Rib Patty Whole Wheat Bun Baked Beans San Francisco Blend Vegetables Pears	10 Chopped Steak Green Beans Scalloped Potatoes Asian Carrot Salad Whole Wheat Bread Cherry Orchard Bar	11 <i>Veterans Day</i> <i>Menu</i> Chocolate Milk Swedish Meatballs Noodles Cauliflower Beets, Dinner Roll, Peaches, Frosted Cake	12 Baked Salmon Sweet Potatoes Broccoli Rye Bread Vanilla Pudding Strawberries	13 Creamy Chicken & Broccoli Mashed Potatoes Stewed Tomatoes Wheat Breadstick Fruited Applesauce
16 Salisbury Steak Baked Bean Medley Carrots Whole Wheat Bread Pears in Jello	17 Chocolate Milk Baked Cod Red Potatoes Stewed Tomatoes Rye Bread Peaches Carrot Cake	18 Chicken & Wild Rice Broccoli Beets Whole Wheat Bread Mandarin Oranges Vanilla Yogurt Sugar Cookie	19 Meatloaf Au Gratin Potatoes Brussels Sprouts Whole Wheat Bread Pears	20 Broccoli Cheese Egg Bake Breakfast Potatoes Asparagus Cottage Cheese Orange Juice Cinn. Raisin Bread
23 Chocolate Milk Burgundy Tips Egg Noodles Winter Squash Beets Whole Wheat Bread Mandarin Oranges	24 <i>Thanksgiving Menu</i> Roast Turkey Mashed Potatoes Cornbread Stuffing Green Bean Casserole Dinner Roll Pumpkin Bar	25 Lasagna Casserole Cauliflower Romaine w/dressing Breadstick Warm Cinn Applesauce Butterscotch Pudding	26 No meals 	27 No meals Due to COVID 19, dining centers are all pick up only. Please arrive at 11:00am
30 Cabbage Casserole Carrots Cottage Cheese Breadstick Warm Peach Crisp	<p align="center"> Can you complete the following....Answers from page 5 You can't judge a book by its cover. It's no use crying over spilled milk. Make hay while the sun shines. Give the cold shoulder. Let sleeping dogs lie. Curiosity killed the cat. A penny saved is a penny earned. Good things come to those who wait. Don't put all your eggs in one basket. Cold hands, warm heart. The grass is always green on the other side of the fence. His eyes are bigger than his belly. </p>			

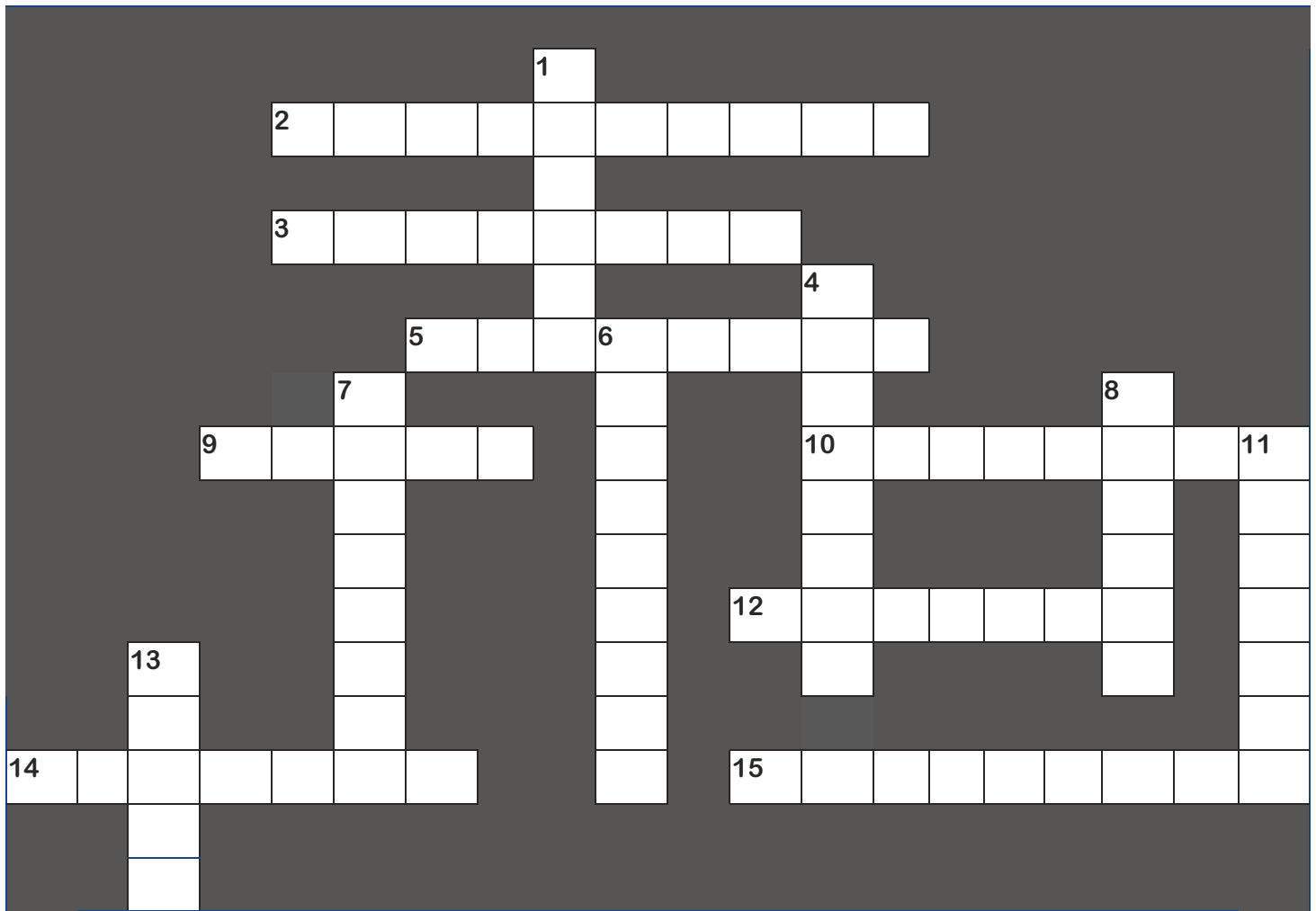
Meals available to anyone 60 years of age or older and spouse of any age. Milk is served with meals. **Suggested donation for each meal is \$4.00.** For reservations or additional information, please call the Rock County Nutrition Program at 608-757-5474 or Grinnell Hall at 608-364-2875 by 11:00am prior business day. Funding provided by the Title III Older Americans Act and donations. Rock County is an equal opportunity employer.

ACROSS

2. Also known as the “horn of plenty”
3. Appreciate
5. Famous rock the Pilgrims landed on
9. What vegetable did the Indians teach the Pilgrims to grow
10. Sports played on Thanksgiving
12. Country the Pilgrim came from
14. Bringing in the crops
15. Name of the ship that brought the Pilgrims

DOWN

1. Traditional Thanksgiving meat
4. This is cooked inside the bird
6. Pie associated with Thanks giving (not pumpkin)
7. What were the first settlers called
8. Long line of people marching down a street
11. The first menu also included this crustacean, but no butter for dipping
13. This now famous feast lasted how many days



- ANSWERS**
- | | |
|--|--|
| <p>DOWN</p> <ol style="list-style-type: none"> 1. Turkey 4. Stuffing 6. Mince-meat 7. Pilgrims 8. Parade 11. Lobster 13. Three | <p>ACROSS</p> <ol style="list-style-type: none"> 2. Cornucopia 3. Thankful 5. Plymouth 9. Maize 10. Football 12. England 14. Harvest |
|--|--|

*Life is a big canvas; throw all the paint on it you can.
 Danny Kaye (1913-1987) Entertainer*

You take people as far as they will go, not as far as you would like them to go. Jeanette Rankin (1880-1973) Politician/Women’s Rights

*I have found that if you love life, life will love you back.
 Arthur Rubinstein (1887-1982) Musician*

*We cannot direct the wind, but we can adjust the sails.
 Bertha Calloway (1925-2017) Great Plains Black Museum Founder*

It is the Soldier

It is the Soldier, not the minister
Who has given us freedom of religion
It is the Soldier, not the reporter
Who has given us freedom of the press
It is the Soldier, not the poet
Who has given us freedom of speech
It is the Soldier, not the campus organizer
Who has given us the right to protest

It is the Soldier, not the lawyer
Who has given us the right to a fair trial
It is the Soldier, not the politician
Who has given us the right to vote
It is the Soldier who salutes the flag,
Who serves beneath the flag,
And whose coffin is draped by the flag.
By Charles M. Province



KNOW YOUR RISKS FROM COVID-19

Among adults, the risk for severe illness from COVID-19 increases with age, with older adults at highest risk. Severe illness means that the person with COVID-19 may require hospitalization, intensive care, or a ventilator to help them breathe, or they may even die.

Risk for Severe Illness Increases with Age

As you get older, your risk for severe illness from COVID-19 increases. For example, people in their 50s are at higher risk for severe illness than people in their 40s. Similarly, people in their 60s or 70s are, in general, at higher risk for severe illness than people in their 50s. The greatest risk for severe illness from COVID-19 is among those aged 85 or older.

There are also other factors that can increase your risk for severe illness, such as having underlying medical conditions. By understanding the factors that put you at an increased risk, you can make decisions about what kind of precautions to take in your daily life.

People of any age with certain underlying medical conditions are at increased risk for severe illness from COVID-19. People of any age with the following conditions **are at increased risk** of severe illness from COVID-19: Cancer; Chronic kidney disease; COPD (chronic obstructive pulmonary disease); Immuno-compromised state (weakened immune system) from solid organ transplant; Obesity (body mass index [BMI] of 30 or higher); Serious heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies; Sickle cell disease; Type 2 diabetes mellitus.

COVID-19 is a new disease. Currently there are limited data and information about the impact of underlying medical conditions and whether they increase the risk for severe illness from COVID-19. Based on what we know at this time, people with the following conditions **might be at an increased risk** for severe illness from COVID-19 particularly if such condition is not well controlled: Asthma (moderate-to-severe); Cerebrovascular disease (affects blood vessels and blood supply to the brain); Cystic fibrosis; Hypertension or high blood pressure; Immunocompromised state (weakened immune system) from blood or bone marrow transplant, immune deficiencies, HIV, use of corticosteroids, or use of other immune weakening medicines; Neurologic conditions, such as dementia; Liver disease; Pregnancy; Pulmonary fibrosis (having damaged or scarred lung tissues); Smoking; Thalassemia (a type of blood disorder); Type 1 diabetes mellitus.

CDC Has Information For Older Adults at Higher Risk

8 out of 10 COVID-19 deaths reported in the U.S. have been in adults 65 years old and older.

Visit [CDC.gov/coronavirus](https://www.cdc.gov/coronavirus) for steps to reduce your risk of getting sick.

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Rock County Council on Aging Programs
Contact Lisa Messer (608) 757-5309 or Lisa.Messer@co.rock.wi.us

Better Choices, Better Health A program for people living with an on-going health problems such as arthritis, hypertension, COPD, depression and others. This self-management workshop is done entirely online and has about 25 participants per workshop. You can choose the days and times that are most convenient for you. Simply log on 2-3 times each week for 1-2 hours per week for six consecutive weeks. The web-based workshops are secure and meet government privacy requirements.

Living Well With Chronic Conditions A six-week workshop that provides information and support to people with any kind of ongoing health condition: Parkinson’s, arthritis, depression, high blood pressure, heart disease, chronic pain, anxiety, cancer, and any others. These participatory workshops build the participant’s confidence in their ability to manage their health, communicate more effectively with family members and healthcare providers, de-stress and relax and maintain active and fulfilling lives. Online/virtual workshops are being conducted this fall. Call now to register.

NEW! Mind Over Matter: Healthy Bowels, Healthy Bladder Designed to give older women learning strategies for preventing or lessening symptoms. Researched has proven to improve bladder symptoms for 71% of participants and bowel symptoms for 55%. Three sessions over five weeks. Next online session is Thursdays, November 5 – December 3, 2020 - 5:00pm-7:00pm. Online/virtual workshops being conducted this fall and 2021 workshops will be available in person and online.

Stepping On Classes are focused on improving balance and strength, home and environmental safety, vision, and a medication review. Research shows that Stepping On participants have a 31% reduced risk of falls. Suggested donation: \$10. To be offered online and in person in 2021. Sign up now to be placed on the interest list!



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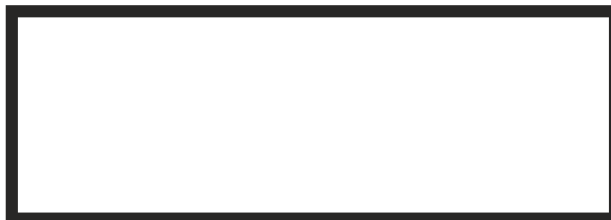
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The Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

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Grinnell Hall Senior Activity Center
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Beloit, WI 53511
Phone: 608-364-2875
Email: krausd@beloitwi.gov
Website: www.beloitwi.gov



Monthly newsletters can be viewed online at beloitrecreation.com

Honorary Street Renaming Pays Tribute to Local Montford Point Marines

Monday, September 28, 2020 at 11:25 AM

The contributions of local members of the Montford Point Marine Association were recognized on Saturday, September 26, 2020 with an unveiling of an honorary street name. The honorary street renaming was approved on September 8 to pay tribute to the African American Marines who enlisted to serve the United States during World War II.

Short Street will now carry the Honorary Montford Point Marine Street name. The first meeting of the Beloit-Rockford Montford Point Marines Association Chapter 41 was held at 201 Short Street. Due to COVID-19 restrictions, only a few people were able to gather at the ceremony. "I am so proud that the City of Beloit could honor all Montford Point Marines and those dedicated to preserving their legacy," City Council President Regina Dunkin said. "Honorary Montford Point Marine Street will serve as a teaching opportunity for our youth and their families to learn about wartime service and the integration of the Marines."

Between 1942 and 1949, approximately 20,000 African-American men completed recruit training at Montford Point, a training facility at Camp Lejeune, North Carolina, during a time when racism and segregation were a part of everyday life. In the summer of 1965, more than 400 former and active duty Marines attended a reunion in Philadelphia, and out of that gathering, the "Montford Point Marine Association," a nonprofit veteran organization was formed.

Despite the challenges presented to those Montford Point Marines in World War II, their valor and performance paved the way for our present integrated armed forces. President Barack Obama signed a bill into law to award the Congressional Gold Medal to the Montford Point Marines on November 23, 2011.

"It has been a joy to assist with this project," said City Manager Lori Curtis Luther. "The Montford Point Marines fought for our entire country, and we sincerely appreciate their contributions to the Armed Forces."

