

Power of 50 Plus

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

October 2020

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

Hours
Monday-Friday
7:30am- 4:00pm

Debbie Kraus
Senior Center
Manager

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.



Halloween Trick or Treat Drive Thru Friday, October 30 12:00-1:00pm

Come on by Grinnell Hall and pick up a bag of “Tricks” or “Treats”! All items in bag will be pre-packaged. And to have even more fun, dress up in costume and staff will take photos to share in the December Newsletter. We will ask members to vote (only 1 vote per person) for best costumes and prizes will be awarded. Enter via Bluff Street entrance and exit the church parking lot onto Saint Lawrence Avenue. Trick or Treat goodies available until we run out. You may be surprised what you find in your bag!



Walk Riverside Park Fridays in October 12:00-12:45pm

Bundle up for some crisp fall weather, join some friends and learn some history of Beloit. A great way to see others and get some exercise. You can walk as far as you are comfortable, it's all about you! If you want,



bring a chair to sit in while we review some Beloit History. We will meet near the Rotary Center. Please call to let us know you will be attending. Face covers/masks are required. Please do not arrive any earlier than 10 minutes prior to the activity.

Laughter the Best Medicine

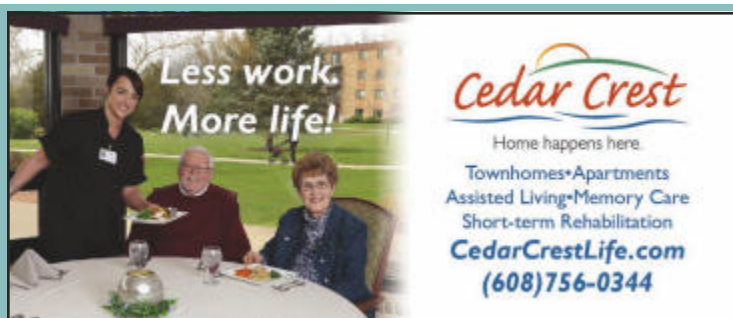
A friend took her dog to the dog groomer for a haircut and asked what it would cost. Being told that it would cost her \$50, she was outraged. "I only pay 30 bucks for my own haircut!" the groomer replied, "That may be true, but you don't bite, do you?!"

A struggling zoo's main attraction, a gorilla, passes during their most popular season. They can't afford to lose the gorilla so they secretly hire one of the employees to be a gorilla in a suit for an extra \$500 a week. He quickly becomes even more popular than the original gorilla, so everyone wants to see the human-like gorilla. After a few months his popularity begins to wane, so he decides to raise the stakes. He climbs out of his enclosure and dangles from a tree in the lion exhibit but he loses his grip and falls. Scared, he begins to yell for help. "Somebody help!" With this, the lion pounces on top of him and whispers, "Be quiet or you'll get us both fired."

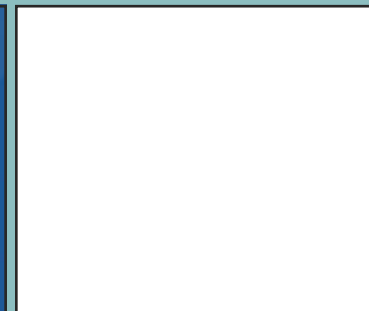
A police officer pulled over a motorist, "What is going on, you were zigzagging like crazy?!" The young driver replies "I'm learning to drive." "Without an instructor?" the officer asks. The young driver replies "Oh Yes, it's an online course."

Don't be worried about your smartphone or TV spying on you...your vacuum cleaner has been gathering dirt on you for years!

"Just a minute" he said and she knocked on the door.....Do you know how long a minute feels? It depends on what side of the bathroom door your' on!







PUZZLE EXCHANGE

Fridays 8:30-10:30am and 12:00-3:30pm or give a call to make an appointment if Friday doesn't work for you. 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!

Word puzzles and Social Time

Mondays, October 5, 12, 19 and 26 12:00-1:00pm

Enjoy the outdoors and put our brains to work. We will provide packets that include puzzles, word searches, mind boggles, artwork to color and colored pencils. Each person will have their own supplies. Activity is available to members only and you must pre-register. Social distancing will be required. In case of inclement weather, activity will be canceled. If you we cancel due to weather or you are not comfortable attending but would like a packet please give a call and you can pick one up or we can mail you one. **Face covers/masks are required.**

Please do not arrive any earlier than 10 minutes prior to the activity.

Reel & Rod Fishing Club Update

The fish have stopped biting so we will stop fishing on September 30.

Have a good safe day! See you in the spring of 2021.

What is Zoom? How to Zoom

It's easy to learn!

With COVID-19 requiring social distancing, many business and organizations are providing virtual trainings, workshops and meetings via Zoom. Zoom is a secure cloud based virtual program where you can see and talk to all others in the meeting. You will need to have a computer, tablet or smart phone or internet to participate. You may not be able to see everyone on the smart phone but you will hear everyone and you can ask questions and have a conversation. If you are interested in learning Zoom basics give us a call or email krausd@beloitwi.gov and we can set up a meeting date to review.

Wednesday Walks with Council on Aging

October 7th Skelly's Farm Market Enjoy Skelly's Fall highlights including the maze, pumpkins, cider, donuts & more! 2713 S. Hayner Rd., Janesville

October 14th Big Hill Park, 1201 Big Hill Rd., Beloit Beautiful Fall hike lead by Rock County Conservationist, David Bendlin 1201 Big Hill Rd., Beloit



beloit public library

*Managing Stress During COVID Mondays 6:00pm

*Movie Night Wednesdays 6:00pm

*Book Discussions 4th Wednesday evening

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

I was in a department store dressing room when I overheard a woman in the next booth make disparaging remarks about the clothes she was trying on. Finally, an attendant knocked on her door and asked if there was a specific color or style she could get for her. "I need a dress for my class reunion." the woman answered. "I don't care about what color or style, as long as it makes me look twenty pounds lighter and ten years younger."

From another dressing room I heard a woman call out "Make that two."

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

**Do you Sudoku?
Want to learn how to Sudoku?**

Join Beth Bausman on Wednesday, October 15 at 1:15pm to learn how. Socialize while you complete beginner level games. We will have a large wipe board for all to see. A brain game like sudoku, as well as crossword puzzles, reading, and writing, can help delay dementia and Alzheimer's disease, and protect the brain from decline. And, while it offers good exercise and stimulation for the brain, sudoku can actually be very relaxing. Activity will be held outside so please dress for the weather. **Please call to let us know you will be attending. Face covers/masks are required. Please do not arrive any earlier than 10 minutes prior to the activity.**



**Daley • Murphy • Wisch
& Associates**
FUNERAL HOME AND CREMATORIUM

2355 Cranston Rd. • Beloit, WI 53511
608-362-3444
www.daleymurphywisch.com



*We are your choice for
Long-Term Care for Seniors
and adults with disabilities.
Helping you remain safe,
independent, and active
in your community.*

Committed to Your Independence

1-877-489-3814 www.mychoicefamilycare.org



"Inclusa's purpose is to make individuals feel that they're not alone, that they have some choice in their care."

Local long-term care supports and services delivered with a focus on your life, your choice.



inclusa.org | 877-376-6113

SPREAD THE WORD
A Thriving, Vibrant
Community Matters



SUPPORT OUR ADVERTISERS

At Beloit Senior Living, Your Quality Of Life Is Our Commitment



A gracious assisted living environment.
The amenities you want with the personalized care you need.
New one and two bedroom apartments available.



Call 608-312-2370, or visit: beloitseiorliving.com for more information.
Beloit Senior Living ■ 2250 West Hart Road, Beloit, WI 53511

Alliant Energy Phone Scam

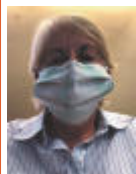


The City was recently made aware of scam calls coming to our residents that are linked to Alliant Energy.

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 check out

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

Finished my canning today... I'm now ready for winter.



- Serving Rock & Walworth
- Delivery to Door or Freezer
- Renal and Diabetic Options
- Extra Breakfasts Special Order
- **FREE** Local Delivery with 21 Meal Minimum



Janine at 608.373.1606
www.mealmagicinc.com



PENNY HANSEN REALTOR



LICENSED IN IL & WI
www.pennyhansen.com
pennyhansenc21@gmail.com

608-751-1096

Agrace will help.



(608) 755-1871 | AGRACE.ORG

HUNTINGTON PLACE



We make life a little easier!

INDEPENDENT SENIOR APARTMENTS
ASSISTED LIVING
ADVANCED CARE • MEMORY CARE
RESPIRE STAY

Visit us online or give us a call and see how Huntington Place can provide the care your loved one needs in our senior community.



3801 N. Wright Rd.
Janesville, WI 53546
(608) 868-5035

Are You Paying Too Much For Your Medicare Supplement Coverage?

Physicians Mutual Insurance Company can **SAVE you MONEY** on your Medicare Supplement premiums!

Ask your agent about all the details including our Innovative Deductible Discount Rider Option, too. Get reliable, caring service and valuable protection.



Why wait? Talk to an agent today!

Michael Santucci
608-364-0115
608-751-0603 cell

We are not connected with, nor endorsed by, the U.S. Government or the Federal Medicare Program. This is a solicitation of insurance. Upon receipt an agent will contact you. Policy/Underwriting: P235, P236, P237, R299.



Physicians Mutual
Insurance for all of us.®



Bucciferro Family
Beloit



For ad info. call 1-800-950-9952 • www.lpiseniors.com

Grinnell Hall, Beloit, WI

C 4C 01-1352

Rock County Nutrition Grinnell Hall Senior Center

September
2020 Page 7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>While Dining Centers are Closed Due to COVID-19</i></p> <p><i>Please arrive to pick up meals at 11:00 am</i></p>			<p>1 Chopped Steak Green Beans Scalloped Potatoes Asian Carrot Salad Whole Wheat Bread Cherry Orchard Bar</p>	<p>2 BBQ Rib Patty Whole Wheat Bun Baked Beans San Francisco Blend Vegetables Pears</p>
<p>5 Chicken & Wild Rice Broccoli Beets Whole Wheat Bread Mandarin Oranges Vanilla Yogurt Sugar Cookie</p>	<p>6 Meatloaf Au Gratin Potatoes Brussels Sprouts Whole Wheat Bread Pears</p>	<p>7 Salisbury Steak Baked Bean Medley Carrots Whole Wheat Bread Pears in Jello</p>	<p>8 Baked Cod Red Potatoes Stewed Tomatoes Rye Bread Peaches Carrot Cake</p>	<p>9 Broccoli Cheese Egg Bake Breakfast Potatoes Asparagus Cottage Cheese Orange Juice Cinn. Raisin Bread</p>
<p>12 Southwest Turkey & Rice Green Beans Cottage Cheese Whole Wheat Bread Warm CranApple Crumble</p>	<p>13 Chicken & Bean Chili Carrots Cornbread String Cheese Pears</p>	<p>14 Burgundy Tips Egg Noodles Winter Squash Beets Whole Wheat Bread Mandarin Oranges</p>	<p>15 Roast Turkey Mashed Potatoes Corn Whole Wheat Bread Peaches Pumpkin Bar</p>	<p>16 Lasagna Casserole Cauliflower Romaine w/dressing Breadstick Warm Cinn Applesauce Butterscotch Pudding</p>
<p>19 Chicken Cordon Bleu Casserole California Blend Vegetables Corn Mandarin Oranges Oatmeal Raisin Cookie</p>	<p>20 Sausage Breakfast Bake Breakfast Potatoes Warm Cinn Applesauce Tomato Juice Cinn. Raisin Bread</p>	<p>21 Cabbage Casserole Carrots Cottage Cheese Breadstick Warm Peach Crisp</p>	<p>22 Chicken Breast / Gravy Mashed Potatoes Asparagus Whole Wheat Bread Apple Slices Peanut Butter Chocolate Pudding</p>	<p>23 Sloppy Joe Whole Wheat Bun Baked Beans Broccoli Slaw Warm Spiced Pears</p>
<p>26 Hot Pork Whole Wheat Bread Red Potatoes Stewed Tomatoes Mandarin Oranges Poke Cake</p>	<p>27 Hamburger Patty Whole Wheat Bun Baked Beans Carrots Coleslaw Jello</p>	<p>28 Mac & Cheese w/Ham Peas California Blend Breadstick Cottage Cheese Peaches</p>	<p>29 Creamy Chicken & Vegetables Mashed Potatoes Broccoli Whole Wheat Bread Strawberry Yogurt</p>	<p>30 Spaghetti & Meatballs Green Beans Cauliflower Romaine w/dressing Carrot Spice Bar</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.

Name the Hollywood Actors



1. _____



2. _____



3. _____



4. _____



5. _____



6. _____



7. _____



8. _____



9. _____



10. _____



11. _____



12. _____

1. Rita Hayworth 2. Gregory Peck 3. Robert Mitchum 4. William Holden 5. Joan Crawford 6. Veronica Lake 7. Bette Davis 8. Charlie Chaplin 9. Tony Curtis 10. Marlon Brando 11. James Dean 12. Carol Baker

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

BROOM
 COSTUMES
 EYEBALLS
 BATS
 MONSTERS
 FALL
 LEAVES
 GOBBLINS
 CHILDREN
 BOO
 MIDNIGHT
 CANDY CORN
 GHOST
 PUMPKIN
 SPIDERS
 HAPPY
 TRICKS
 FUNNY
 WITCHES



Project Recovery is a community-based program designed to meet the emotional needs of the community. Trained Crisis Counselors are available to help people better understand their situation and reactions, assist in the review of their options, provide emotional support and encourage linkage with resources.

If you or a loved one are emotionally impacted by COVID-19, you may be experiencing: Anxiety; Anger, resentment and conflict; Uncertainty about the future; Prolonged mourning; Diminished problem-solving; Isolation and hopelessness; Health problems, Physical and mental exhaustion; Lifestyle changes; Financial stress. Project Recovery can offer: Compassionate and nonjudgmental emotional support; Organizing and prioritizing tasks; Information and resource referral; Problem solving; Coping skills; Better understanding of your current situation and reactions; Stress management; Developing plans to address unmet needs.

You can be referred to a Counselor by calling 2-1-1 and ask for Project Recovery.

Www.projectrecoverywi.org facebook: @projectrecoverywi.org

Join Brian from Project Recovery to visit about Favorite Memory Growing Up sharing on Wednesday, October 21 at 10:00am. You can join in the Zoom meeting via phone, computer, laptop or ipad.

Please call Brian at 608-400-9232 or email btragash@wiscap.org for additional information and to register.

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)



Absentee Ballots

Out of concerns for public health and safety and in light of the COVID –19 pandemic, the City Clerk/Treasurer’s office is encouraging all voters to consider voting by absentee ballot for the November 3, 2020 election. No excuses are needed to request an absentee ballot and any registered voter can request at www.myvote.wi.gov. You can also request an absentee ballot by writing to the City Clerk/Treasurer’s office: 100 State Street Beloit, WI 53511. For additional information go to www.beloitwi.gov/elections.

RSVP Seniors Volunteering for Seniors

Seniors are still in need of transportation to doctor appointments and for grocery trips. Drivers are reimbursed at .50 per mile and we offer supplemental liability insurance. Must be at least 55 and have a clean driving record. We use a program called sign up and you can go online and pick the rides you are available for or we can call you for spots. Face masks are required during transport.

We have an exciting volunteer opportunity to help families who are unable to leave home because of COVID 19, we took over a delivery program for Rock County pantries, needed are two delivery people for the Beloit Caritas and Janesville ECHO route, pickup is weekly on Friday at noon and your mileage is reimbursed at .50 a mile. It could be a husband and wife or one person who has lots of muscle. **This is a contactless delivery system.** Each route has approximately 4-8 people and could increase in the future. For additional information please call Retired Senior Volunteer Program (RSVP) 608-362-9593.

TRIAD of Rock County

The Retired and Senior Volunteer Program is assembling a group called the "Triad of Rock County." This group is part of a national community policing initiative wherein law enforcement professionals, first responders, seniors and community groups partner to meet the crime safety needs of senior. The triad will provide education to the community through outreach and presentation that will:

- Reduce criminal victimization of older adults
- Improve the quality of life in our communities
- Increase the involvement of the community in implementing solutions to problems related to safety and crime.
- Focus attention on the crime related and safety needs of older adults
- Enhance delivery of law enforcement services to the older adults of our communities

If you are interested, please contact with Laura at RSVP by email laura@rsvp-rock.org or call 608-362-9593.



#1 Medicare Advantage plan provider in America

1-855-844-2078, TTY 711
ExploreUHC Medicare.com

United Healthcare

Y0066_200813_013109_M

SPRJ58101

When You Need More Support, Turn To

Beloit Regional HOSPICE

Member of Beloit Health System

608-363-7421

www.beloitregionalhospice.com



➤ Reach the Senior Market

ADVERTISE HERE

CONTACT

Jeff Parkinson to place an ad today!

jparkinson@4LPi.com or (800) 950-9952 x5887



Alzheimer's & Dementia Alliance OF WISCONSIN

Your partner along the journey

- Personalized Guidance
- Confidential Care Consultations
- Caregiver Education Programs
- Memory Cafés
- Support Groups

Contact Dementia Outreach Specialist Teena Monk-Gerber, 608.313.3335
Learn more at alzwissc.org



The Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

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



Monthly newsletters can be viewed online at www.beloitrecreation.com/news-3/

Time to Review Your Medicare Plan

Prepare Early This Year!

Do you have a Medicare Prescription Drug (Part D) plan? Every year Medicare Part D plans can change the list of prescription medications they will cover. That means even if you are taking the same medications, the amount you pay for your medications may change in 2021! The plans' premiums, deductibles, and co-pays can also change each year.

What can people do about this? All Medicare beneficiaries should check their Part D coverage each year during Medicare's annual open enrollment period which runs **October 15 through December 7**. This is the time of year to find out if your current plan will cost you more, or less than other Part D plans in 2021. If it is no longer the best plan for your medications, this is the time to make a switch to a Part D plan that will suit you better. Make sure you will have appropriate prescription drug coverage in the new year. You can compare plans on the official Medicare website at Medicare.gov. Medicare beneficiaries in Rock County can also receive free, unbiased assistance with plan comparisons from the Elder Benefit Specialist of **Rock County Council on Aging**. Start preparing early this year. The Council on Aging has a form with instructions to help you get organized. Don't let this opportunity pass you by! Go to Medicare.gov to compare plans online or for local assistance call Lachel Fowler at (608)757-5414.

Assistance is also available through the following resources:

1-800-MEDICARE or www.medicare.gov Disability Drug Helpline 1-800-926-4862 (if under age 60)
Medigap helpline 1-800-242-1060 Wisconsin Medigap Prescription Drug Helpline 1-855-677-2783

Need Help with Medicare Costs? Zoom Presentation

If you have Medicare and you're facing challenges with paying for health care, you may be eligible for programs that can help you save money on medical and drug costs. People with limited income and resources may qualify for Medicaid - a joint federal and state program that helps with medical costs.

Join the Rock County Council on Aging for a virtual presentation on Extra Help on Monday, October 5 at 1:00. SeniorCare is the Wisconsin Prescription Assistance Plan and Extra Help is determined by Medicare and is based on income to see if you qualify for extra help in paying for your medications. To register please contact Lachel Fowler at (608)757-5414. Hope you will join us!