

Power of 50 Plus

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

February 2021

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.



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

Hours
We are currently
closed for regular
activities.

Debbie Kraus
Senior Center Manager
krausd@beloitwi.gov

Valentine's Day Drive Through **Friday, February 12 12:00-12:30pm**



**In case of inclement weather we will reschedule to
Friday, February 19 at the same time.
Pull into the church parking lot to hear a few "Valentine" tunes.
Please stay in your vehicle at all times.**

**Enter off of Bluff Street and pull up to the vestibule door to
receive your Valentine goodies!**

COVID-19 Vaccine Information

Beloit Health System will soon offer **free** COVID-19 vaccines **by appointment only** starting Tuesday, January 26, for individuals over the age of 65.

Vaccines will be offered on the following dates*:

Dates: January 26, 28, 30, 31, and February 6 and 7

Location: Beloit Memorial Hospital, Auditorium

**as of publication; dates subject to change*

You must have a second vaccine dose to complete the vaccination process. Plan accordingly before making trips to winter homes or to visit relatives so that you can receive the second dose in a timely manner.

If you are an established patient at BHS, you are encouraged to use the myHealth patient portal at beloithealthsystem.org/myhealth.

If you are not a patient of BHS, please call the dedicated vaccine phone line at 608-364-5663 to make the appointment.

Advisory Board of Grinnell Senior Center

Opal Vance, Chair Pam Curatolo, Vice Chair Judy Witzack, Secretary Randy Westbrook, Treasurer
Margaret Alexander, Yoshiko Glos, Bill Tierney, Tom Trichinotis, Peggy Wellnitz

Hello all,

It was nice to see familiar faces at the Noon Year Eve drive through and welcome 2021 with making some noise and singing Auld Lange Syne! Everyone received a gift bag of sparkling cider and Hershey kisses. I hope you will join us for the Valentine’s Day drive through on February 12.

We have received some inquiries about immunization availability, but at the time of writing this newsletter we do not have specifics. Read on page 3 about the “Voice Connect” message we will send out once we receive the information. We still have some masks so give a call if you need one. A reminder to wash them on a regular basis. I was contacted by an individual who is selling 2 used, in good condition Hooveround mobility scooter and an Up walker. If you are interested please give me a call.

Continue to keep positive thoughts and share with others. Keep in touch with friends and family in a safe manner. As always feel free to reach out if you need anything.

Thank you for making Grinnell your home away from home. Debbie Kraus, Senior Center Manager

BINGO REMOTELY - IT’S EASY TO PLAY

It has been fun getting together remotely and so easy to play plus you can win prizes.

Give it a try! The party line “hellos” keep us in touch.

We will send a bingo card to past players in their newsletter. If you want to play give a call or stop by and pick one up or we can mail you one. Each date we will use a different row. You can cross out the numbers when called. We will play 3 games each date and lasts 45 minutes total.



Thursday, February 4 at 12:00pm Use first row of cards on bingo sheet

1st Game - G for Green Bay 2nd Game - P for Packers 3rd Game - Cover All

Thursday, February 11 at 12:00pm Use second row of cards on bingo sheet

1st Game - Heart 2nd Game - L for Love 3rd Game - Cover All

Thursday, February 18 at 12:00pm Use third row of cards on bingo sheet

1st Game - Dog Bone 2nd Game - Welcome 2021 3rd Game - Cover All

The dial-in number is not subject to extra surcharges but normal long distance charges would apply for landline callers without unlimited long distance. You can use your cell phone or land line.

Have your cards ready and call 1-952-222-1750 to connect to play by 11:55am. You will be prompted to enter a conference ID number 8123456# (be sure to enter the # sign).

Wait for game to begin. You will be on mute as we do not want background noise to interfere. If you get a bingo press *6 and say “BINGO” and your name. Please note we may call additional numbers to have more winners depending on the time. We will play for 45 minutes each day. At the end of the games hang up your phone.

When we are done with all the dates, put your name and phone number on the back of the bingo card whether or not you are a winner, and mail it or drop off. We will mail gift cards to the winner of each game.

GIVE US A CALL IF YOU WANT TO PLAY AND WE WILL MAIL YOU A CARD!

G for Green Bay P for Packers

Heart

“L” for Love

Dog Bone

Welcome 2021

B	I	N	G	O

B	I	N	G	O

B	I	N	G	O

B	I	N	G	O

B	I	N	G	O

B	I	N	G	O



In Loving Memory of current and past members who have passed in 2020.

Thoughts and prayers are with their family and friends

Hazel Black Mary Driscoll James Little
 Ernie Messer Jenny Pearson
 LeRoy Stuhr Gary Swanson Magda Voysest



Please know that every effort is made to include everyone who has recently passed. If we have inadvertently omitted a name or printed a name in error, please contact us.

Famous Duos Answers on page 8

1. Thunder & _____
2. Abbott & _____
3. Lucy & _____
4. Batman & _____
5. Macaroni & _____
6. Fred & _____

7. Pen & _____
8. Laverne & _____
9. Miss Piggy & _____
10. Sanford & _____
11. Bacon & _____
12. Dr. Jekyll & _____

Cedar Crest
 Home happens here.
 Townhomes • Apartments
 Assisted Living • Memory Care
 Short-term Rehabilitation
CedarCrestLife.com
 (608)756-0344

Platinum Health
 HEALTH | MEDICARE | LIFE | SUPPLEMENTAL
Need affordable Medicare that's in step with your life?
 Choosing the right Medicare coverage can be confusing.
 I can help you find a plan that's right for YOU and YOUR BUDGET.

Jean Linos
 Local Licensed Agent
 P 262-458-2880 C 706-232-3431
jlinos@myeph.com
www.eplatinumhealth.com/jlinos
I work by referral. Please don't keep me a secret

**Daley • Murphy • Wisch
 & Associates**
 FUNERAL HOME AND CREMATORIUM
 2355 Cranston Rd. • Beloit, WI 53511
 608-362-3444
www.daleymurphywisch.com

"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
 20th Anniversary
inclusa.org | 877-376-6113

Alzheimer's & Dementia Alliance OF WISCONSIN
Your partner along the journey

- Care Consultations
- Online Education programs
- Support Groups
- Resources on alzwissc.org

Kristine Biesenthal, PAC, ADCS
 Serving Green Lake, Marquette & Waushara Counties
 (920) 294-4100 kristine.biesenthal@alzwissc.org

AARP Tax Preparation

No Homestead taxes are done with AARP. See page 7 for Homestead information

We are fortunate to be working cooperatively with AARP to offer 2020 tax preparation. We will be using personal protective measures at all times – face masks/coverings, sanitizing after each appointment, plexi-glass barrier between yourself and tax preparer when meeting in person and social distancing.

Please note that restrooms are available for urgent use only.

Due to COVID 19 the process has been changed so please read carefully to ensure that you understand how the process will work. .

Masks are required to be worn at all times.

There will be two appointments that will be required. Your first appointment is to collect all of your information and you make this appointment by calling Grinnell Hall.

Once your taxes are prepared, you will be contacted to make a second appointment.

We will start accepting phone calls for appointments January 19.

Grinnell Hall staff is typically available Monday-Friday 8:00am-4:00pm.

Please provide us with your name(s), cell phone number and address.

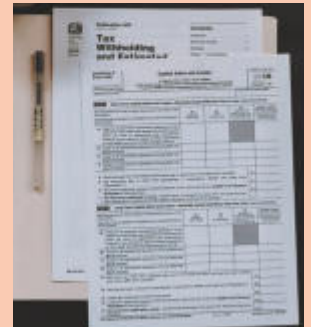
Appointments will be Monday, Tuesday and Wednesday February 8-April 7

For individuals who have Brokerage Statements appointments should be made for March.

Prior to your appointment you will be required to complete an Intake Form. You can receive an Intake Form by stopping by Grinnell Hall M-F 8:00am-10:30am and 11:30-3:30pm (**please call first**) or you can request one be mailed to you.

Please bring the following on your first appointment. It would be helpful if these items were in a large envelope.

2019 tax return	Photo ID
Social Security Card	All 1099 statements
W-2 form	Other evidence of income
Health Insurance Premium costs	Rent certificate or property tax bill
Other deductible items	Completed Intake Form
Pink form or other items from Social Security if applicable	



Once you arrive at Grinnell Hall stay in your vehicle and call Grinnell 608-364-2875, to let us know that you are here.

A tax preparer will come out to your vehicle to collect your items – **DO NOT LEAVE.**

They may call your cell phone if they have questions for you.

The tax preparer will securely scan your documents and return them to you. You can then leave.

When your taxes have been prepared, you will be contacted to schedule a second appointment.

Please do not bring any other family members unless required and inform us of the reason why they need to accompany you.

Once you arrive at Grinnell Hall stay in your vehicle and call Grinnell 608-364-2875, to let us know that you are here.

You will come into Grinnell and be directed where to meet with your preparer to review your return.

Copies will be provided to you.

Please note that all taxes are filed electronically.

AARP tax services are free of charge.

Please note that due to these uncertain times AARP, Grinnell Hall and the City of Beloit reserve the right to cancel or re-schedule appointments or change the process.

Aging Mastery Program

The Council on Aging is planning a virtual Aging Master Program using ZOOM. This fun, innovative five week class for adults 50 and over, will empower you to take key steps to improve your well-being, add stability to your life, and strengthen ties to your community. Meet new friends and provide encouragement to each other as you experience the Aging Mastery journey together. This FREE class runs for five weeks, beginning Thursday, February 18 through Thursday, March 18, from 10:00am-2:00pm.

Pre-registration is required and class is limited to 20 people.

Want to find out more before you commit? Attend a ZOOM informational session on Thursday, February 4 from 1:00-2:00pm. If you are interested in the informational session, simply send an email requesting the link to the Paula Schutt at paula.schutt@co.rock.wi.us. Please put AMP in the subject line of the email. When your email is received you will be sent an email confirming your interest and it will have the link for you to log in on Thursday, February 4 at 1:00pm. During this hour, you can find out all the details on and learn about the benefits of AMP.

AMP is free of charge and all you need to participate is a computer or tablet, internet and the ability to use ZOOM. The class is made possible by a grant from the National Council on Aging and is sponsored by The Rock County Council on Aging. To register, or for more information call Rock County Council on Aging at 608-757-5416 or email paula.schutt@co.rock.wi.us.



Make the Smart Choice



Assisted Living | 3055 S. Riverside Drive, Beloit, WI
608.365.7222



Assisted Living
5601 E. Rockton Road, Roscoe, IL
815.525.4800



At-Home Healthcare
608.363.5885



Member of Beloit Health System

608.363.7421



Visit www.beloithealthsystem.org



zoom Don't be afraid, it's easy to do! Zoom can be done by phone, computer, lap top, ipad or kindle. Jodie Forrie (aka hearing aid assistance) will help you out. Just give her a call at 507-420-4354 or email at Jodie@gmail.com.

Puzzle Exchange
 A great way to keep your mind busy. We have puzzles from 300-1,000 pieces. Lots of puzzles to choose from. And it's not like you have to complete the puzzle in one sitting. Give us a call when you want to stop by and pick one up.

Elder Benefit Specialist
Lachel Fowler, Rock County Benefit Specialist Lachel works with Rock County residents 60 and over regardless of financial status. Please call 608-757-5414 for additional information.

Watch Battery Replace and Jewelry Repair
 With extra time on your hands did you do some cleaning and find a watch that needs a battery? How about some jewelry that needs repairing. Give a call to drop the item(s) off and we will connect with the ladies who can help you. Payment, if any, is due upon pick up.

Alterations
 The Alterations Lady, Jo Ellen, will be offering her services starting on Monday January 4, 2021 and each Monday after that. You can drop off your items at Grinnell Hall before noon on Monday; include your name, what you would like to have done and a phone number where she can reach you. Jo Ellen will call to let you know that your item is done and how much you owe her. Payment is due when you pick up your items.

Meal Magic HOME DELIVERED MEALS

- 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
 CENTURY 21 AFFILIATED
 SENIOR REAL ESTATE SPECIALIST (SRES)
www.pennyhansen.com
 pennyhansenc21@gmail.com
608-751-1096

Agrace will help.
Agrace HospiceCare
 (608) 755-1871 | AGRACE.ORG

When You Need More Support, Turn To
Beloit Regional HOSPICE
 Member of Beloit Health System
 608-363-7421
www.beloitregionalhospice.com

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

Physicians Mutual
 Insurance for all of us.®

Wisconsin Senior Medical Patrol

Fraud Alert

COVID-19 Vaccine Scam

- *You *likely* will not have to pay anything out-of-pocket to get the vaccine during this public health emergency.
- *You cannot pay to put your name on a list to get the vaccine early.
- *No one from Medicare or the Health Department will contact you.
- *Beware of providers offering other products, treatments or medicines to prevent the virus.
- *No one from a vaccine distribution site or health care payer, like a private insurance company, will call and ask for your Medicare number, Social Security number, or banking information to sign you up for a vaccine.
- *Beware of other providers offering other products, treatments or medicines to prevent the virus. Check with your health care provider before paying for or receiving any COVID-19 related treatment.
- *If you get a call, text, email, see an advertisement even someone knocking on your door claiming they can get you early access to the vaccine, STOP. That is a scam. Do not pay for a promise of vaccine access or share personal information.

Contact the WI SMP Helpline at 888-818-2611 to notify of them of this development. You can also contact the Federal Trade Commission at ReportFraud.ftc.gov



Greater Wisconsin Agency on Aging Resources, Inc.

Homestead Taxes

For Homestead taxes only, not Federal or State income tax return. See page 4 for information.

Rock County Council on Aging Elder Benefit Specialist Lachel Fowler will be offering free Homestead tax services by appointment only on Thursdays February 4 and 11 and Fridays February 5 and 12. Please call to make an appointment.

You must wear a mask.

Once you arrive at Grinnell Hall stay in your vehicle and call Grinnell 608-364-2875, to let us know that you are here and we will let you know when to come into Grinnell.

Requirements

- *Legal resident of Wisconsin for all of 2020 (January 1—December 31, 2020)
- *60 years of age or older. If under age 60 call ADRC at 608-741-3600.
- *You own your home or paid rent in housing that is subject to Wisconsin property taxes.
- *Gross income is \$24,680 or less in 2020

Documents Required

- *Rent Certificate filled out by landlord or tax bill. You will need to request a Rent Certificate from the owner or building management.
- *Must have proof of all income for 2020.
 - Social Security statement
 - SSI (Supplemental Security Income) statement
 - Pension and or interest statement
 - Any other forms of income.
- *If under age 62 years old, and disabled, you need to have the statement from SSA (Social Security Administration) stating the date the disability began.

A true (and funny) story shared by Beth Bausman

One day a women walked into Grinnell Senior Center to visit. It was her first time here, so she was given a tour. Her grandson was along and he asked if he could use the bathroom. So he went into the men's bathroom and when he came out he said, "Grandma, Grandma! There's a sink (urinal) on the floor !!" We all laughed. And then the Grandma said "I just hope he didn't use it!"

The Story of Saint Valentine

The story behind Valentine's Day begins in the third century, when Emperor Claudius II Gothicus, who was nicknamed Claudius the Cruel, ruled the Roman Empire. Claudius was not a liked man, and soon began to have trouble recruiting good soldiers for his army. He believed that this was due to the fact that so many young men were married, meaning that they did not want to leave their wives behind to go off and fight in a battle. Even when they did leave, Claudius believed that they were so worried about dying and leaving their families behind that they did not fight properly. So, Claudius found a solution, the Emperor decided to **place a ban against all engagements and marriages in Rome.**

As you can imagine, the Church, who strongly believed that marriage was a sacred union that should be encouraged, was not happy with this. However, nobody wanted to stand up to Claudius the Cruel.

This is where Saint Valentine enters the story; Saint Valentine was a Christian priest who firmly believed in the power of love and marriage. So, he continued to marry young soldiers before they went off to war. In 269 A.D., the Emperor found out about what Valentine was doing. As you can imagine, he was furious, and threw Valentine into prison, sentencing him to death. While he was waiting for his execution day to arrive, Valentine fell in love with the daughter of the jail keeper, and she happened to be blind. It is said that Valentine's prayers healed the girl and gave her back her sight, convincing her father to turn to Christianity. The night before Valentine was due to be executed he squeezed some violets to extract some ink, and wrote a romantic sonnet for the jail keeper's daughter. He signed this off as **"from your Valentine,"** which is why that phrase is still so popular today. Sadly, Valentine was executed the next day, giving up his life so that young people could get married.

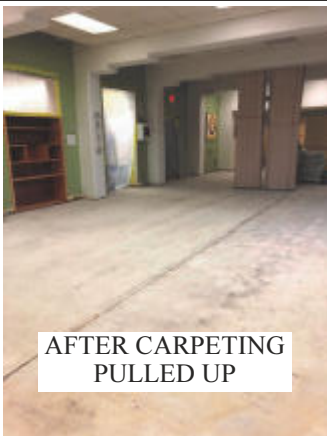
You have probably guessed by now that Valentine's Day was created in order to commemorate Valentine, who was granted sainthood years after his death. The Catholic Church decided to organize a feast in his name, so that people would remember everything that Valentine did in the name of love. February 14th was the date chosen for the feast and it is believed, according to ancient beliefs, that this is the date at which lovebirds, such as doves and owls, begin to mate.

FAMOUS DUOS ANSWERS

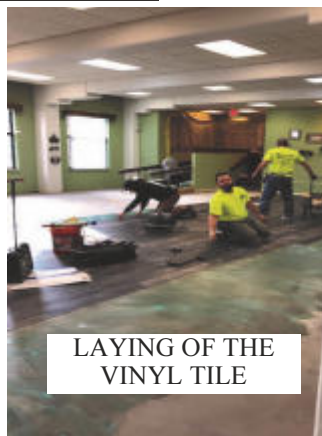
1. Thunder & Lightning
2. Abbott & Costello
3. Lucy & Ethel
4. Batman & Robin
5. Macaroni & Cheese
6. Fred & Ginger
7. Pen & Paper
8. Laverne & Shirley
9. Miss Piggy & Kermit
10. Sanford & Son
11. Bacon & Eggs
12. Dr. Jekyll & Mr. Hyde



"You know what gift would make this Valentine's Day especially romantic and meaningful? A fist full of cash."



AFTER CARPETING
PULLED UP



LAYING OF THE
VINYL TILE



BEAUTIFUL
FINISHED FLOOR

Wondering what has been going on behind closed doors? The city invested in new vinyl tile flooring in the dining room. It was a messy project as there were a few layers: carpeting, carpeting glue, tile and glue again.

We are also painting in the auditorium. We are looking forward to everyone seeing it when we re-open. No date set...yet!

Rock County Nutrition Grinnell Hall Senior Center

February

2021 Page 9

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
While Dining Centers are Closed Due to COVID-19:				
Please arrive for curbside pick-up meals at 11:00am				
1 BBQ Rib Patty Whole Wheat Bun Baked Beans San Francisco Blend Vegetables Pears	2 Baked Salmon Sweet Potatoes Broccoli Rye Bread Vanilla Pudding Strawberries	3 Creamy Chicken & Broccoli Mashed Potatoes Stewed Tomatoes Wheat Breadstick Fruited Applesauce	4 CHOCOLATE MILK Chopped Steak Scalloped Potatoes Green Beans Asian Carrot Salad Whole Wheat Bread Cherry Orchard Bar	5 Swedish Meatballs Noodles Cauliflower Beets Dinner Roll Peaches
8 Broccoli & Cheese Egg Bake Breakfast Potatoes Asparagus Cottage Cheese Orange Juice Cinnamon Raisin Bread	9 Meatloaf Au Gratin Potatoes Brussels Sprouts Whole Wheat Bread Pears	10 CHOCOLATE MILK Chicken & Wild Rice Broccoli Beets Whole Wheat Bread Mandarin Oranges Vanilla Yogurt Sugar Cookie	11 Chicken & Wild Rice Broccoli Beets Whole Wheat Bread Mandarin Oranges Vanilla Yogurt Sugar Cookie	12 Salisbury Steak Baked Bean Medley Carrots Whole Wheat Bread Pears in Jello
15 Burgundy Tips Egg Noodles Winter Squash Beets Whole Wheat Bread Mandarin Oranges	16 CHOCOLATE MILK Chicken & Bean Chili Carrots Cornbread String Cheese Pears	17 <i>Meatless</i> Parmesan Baked Cod California Blend Wax Beans Whole Wheat Bread Mandarin Oranges Chocolate Pudding	18 Roast Turkey Mashed Potatoes Corn Whole Wheat Bread Peaches Pumpkin Bar	19 <i>Meatless</i> Macaroni & Cheese Green Beans Winter Blend Vegetables Cottage Cheese Melon Mix
22 CHOCOLATE MILK Cabbage Casserole Carrots Cottage Cheese Breadstick Warm Peach Crisp	23 Sausage Breakfast Bake Breakfast Potatoes Warm Cinn Applesauce Tomato Juice Cinn. Raisin Bread	24 Sloppy Joe Whole Wheat Bun Baked Beans Broccoli Slaw Warm Spiced Pears	25 Chicken Breast / Gravy Mashed Potatoes Asparagus Whole Wheat Bread Apple Slices Peanut Butter Chocolate Pudding	26 <i>Meatless</i> Hearty Veg. Lasagna Romaine salad w/Italian dressing Green Beans Vanilla Yogurt

Eligibility: Any person age 60 or older, regardless of income, and a spouse of any age.
Dining centers: Reservations are required and must be made no later than noon of the prior business day
 Suggested donation: \$4.00. All donations are appreciated.
Home delivered: Must also be homebound. Suggested donation: \$4.00

Call 608-757-5474 for Reservations, Cancellations, & Home Delivered Meal Information

Rock County continues Free COVID19 Community Testing

Blackhawk Technical College's Central Campus - 6004 South County Highway G in Janesville

Testing is available on Wednesdays and Thursdays 11:00am-7:00pm. The last day of testing is tentatively scheduled for March 10, 2021. The National Guard has extended its deployment to March 10, 2021. Previously, Blackhawk Technical College (BTC) was the community sponsor for the testing. Working collaboratively, BTC has transferred responsibility to Rock County, effective December 16, 2020. The new entrance will be the US Highway 51 entrance to the campus. Testing is open to anyone age five and older, but especially encouraged for those experiencing symptoms. **You do not need to be a Rock County resident for this free testing.** COVID19 symptoms include: *Cough *Fatigue *Sudden loss of taste or smell *Shortness of breath
*Sore Throat *Congestion or runny nose *Fever *Muscle Pain
*Nausea or vomiting *Chills *Headache *Diarrhea

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

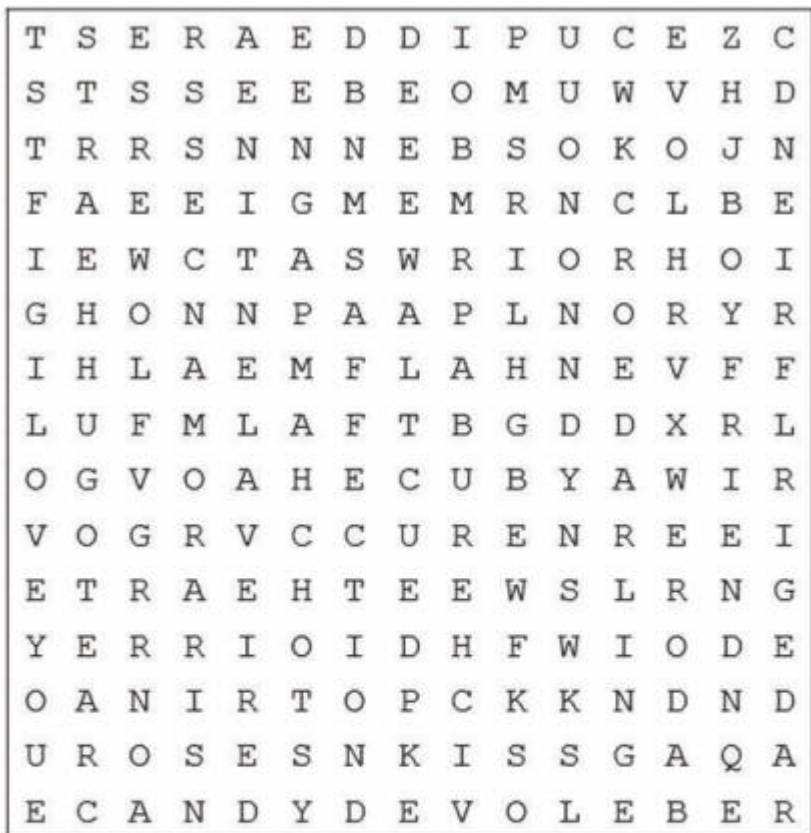
8 out of **10** COVID-19 deaths reported in the U.S. have been in adults 65 years old and older.

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)





HAPPY VALENTINES DAY

- | | | |
|-----------|------------|------------|
| ADORE | CUPID | LOVE |
| AFFECTION | DARLING | PINK |
| ARROW | DEAREST | POEM |
| BE MINE | FLOWERS | RED |
| BELOVED | GIFTS | ROMANCE |
| BOYFRIEND | GIRLFRIEND | ROSES |
| CANDY | HEARTS | SWEETHEART |
| CHAMPAGNE | HUG | VALENTINE |
| CHERUB | I LOVE YOU | |
| CHOCOLATE | KISS | |



➤ Reach the Senior Market
ADVERTISE HERE

CONTACT

Jeff Parkinson to place an ad today!
 jparkinson@4LPi.com or (800) 950-9952 x5887

**PROTECTING SENIORS NATIONWIDE
 MEDICAL ALERT SYSTEM**

\$29.95/MO
 BILLED QUARTERLY

PLUS SPECIAL OFFER

CALL NOW! 1.877.801.5055
 WWW.24-7MED.COM

**ADT-Monitored
 Home Security**

Get 24-Hour Protection
 From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide

ADT Authorized Provider SafeStreets

1-855-225-4251

**my choice
 WISCONSIN**

Care Wisconsin and My Choice Family Care are now My Choice Wisconsin.

My Choice Wisconsin
 is a managed care organization
 that serves government-funded programs
 to seniors and adults with disabilities
 in over 50 Wisconsin counties.

FAMILY CARE PARTNERSHIP
 FAMILY CARE | MEDICAID SSI
 MEDICARE DUAL ADVANTAGE

1-800-963-0035
 mychoicewi.org/LP

**Home
 At Ease**

(608) 322-2660

f /HomeAtEase
 g /easeatyourhome

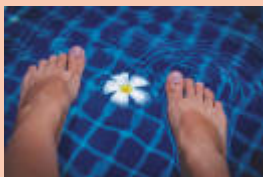
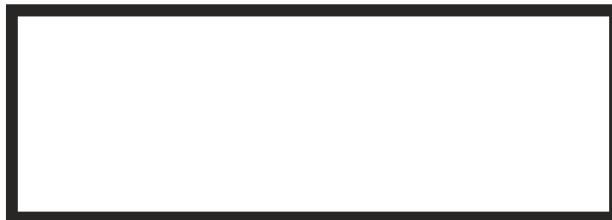
IN-HOME CARE FOR SENIORS

- Experienced Staff with Caregivers and CNA's
- Taking extra precautions to keep Staff and Clients safe from Covid
- WE LOVE WHAT WE DO!

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



Foot & Toenail Care

Tuesday, February 16 and Tuesday, March 16

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 dremmelling. 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.

Valentine Humor

Woman: "I love you." Man: "Is that you or the wine talking?" Woman: "It's me talking to the wine."

Q: What did the rabbit say to his girlfriend on Valentine's Day? A: Somebunny loves you!

Q: What did the boy bee say to the girl bee on Valentine's Day? A: You are bee-utiful!

Q: What kind of flowers do you never give on Valentine's Day? A: Cauliflowers!

Q: If your aunt ran off to get married, what would you call her? A: Antelope.

Q: What did the light bulb say to the switch? A: You turn me on.

Q: What's the best part about Valentines Day? A: The day after when all the chocolate goes on sale.