

Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

Open to both Wisconsin and Illinois residents.

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.



April 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
krausd@beloitwi.gov



Due to the health concerns of the COVID-19 situation, Grinnell Hall will be closed until further notice.

You may wonder why we are even sending a newsletter out. And the reason is simple, you are important and we want to keep you informed during this time. At this time staff will be available to answer the phone during normal business hours Monday-Friday 7:30am-4:00pm. If you are able please check the city's website at <https://www.beloitrecreation.com/news-3/>

*Rock County Nutrition program will continue meals, however, you will need to pick up your meal at Grinnell like a drive-through. Great food, great service. Please call Grinnell at least two days in advance or the County at 608-757-5474 to reserve your meal.

***Trip updates**

The Highway Men at Palace Dinner Theater on Friday, May 1 has been suspended until further notice. They are trying to re-schedule for a later date. Please call if you wish to cancel this trip.

A Might Fortress at Fireside on Thursday, May 14 has been canceled. We will process a refund for all who have registered. Please be patient for your refund.

*AARP Taxes have been cancelled until further notice. Again we will keep you notified of any updates.

*If you need assistance please reach out to friends and family members and if needed call Grinnell. This is not the time to be embarrassed to ask for help. Also if you know of a neighbor or friend who may need help, reach out to them to see if you can help-picking up groceries, medication or just to talk over the phone. You may even make a new friend.

PLEASE NOTE WE ARE NOT TAKING ANY DONATIONS AT THIS TIME.

Advisory Board of Grinnell Hall 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 everyone,

It is quiet here at Grinnell and I miss all of you. Some may feel that the closings are an over-reaction, but the outcome of not closing is concerning.

So what do you do now...keep busy with puzzles, games, talking to family, friends, neighbors, craft projects, do some planting, tackle that project that has been on your list, like deep cleaning (ugh), get your fishing poles ready and yes television, movies and the World Wide Web internet.

There are still some old shows on to enjoy. You may find some programs that will expand your mind like cooking, decorating and how to projects. I enjoy the house flipping, beachfront bargains, and Discover Wisconsin shows. I wish they had a show on how to make housecleaning and laundry easier other than hiring someone.

Don't forget your physical health and continue to do what you have done at Grinnell at home, **don't stop or do start**. Do some walking, stretching and exercising, there are many you can do at home and hopefully spring is just around the corner.

In addition eat healthy and make conscious choices. But if you in need of a pick me up, a little snack like cookies can be taken on the sly. You can share with a friend so you don't eat them all. Be creative - write a story, poem, song or something for Grinnell newsletter. Write letters to someone, write about your life, get out those photos and yearbooks and reminisce. It might be interesting to keep sort of a journal of your experiences during this time to reflect back on.

Most of all don't forget to laugh, especially at ourselves...it's healthy.

I look forward to everyone's healthy return to Grinnell. And we will celebrate! Thank you for making Grinnell your home away from home.

Debbie Kraus, Senior Center Manager



Laughter the Best Medicine

Health Benefits of Laughter for Seniors

April is National Humor Month and, as it turns out, laughter really might be the best medicine. When we laugh, our spirits are lifted, our heart is happy and we just plain feel good. For seniors, laughing has an even greater impact – it provides a variety of age-related health benefits. We came into this world laughing, don't stop !

- *Reduces Stress, Anxiety & Depression
- *Boosts the Immune System
- *Eases Pain & Inflammation
- *Improves Memory Function
- *Lowers Blood Pressure
- *Provides a Workout



Looking Good!

My face in the mirror isn't wrinkled or drawn.

My house isn't dirty. The cobwebs are gone.
My garden looks lovely and so does my lawn.
I think I might never put my glasses back on.

Mirror, Mirror

Two middle aged guys are sitting at their regular establishment when one points to a couple of intoxicated guys and says, "That's us in ten years." His friend takes a sip from his beer, sets it down, turns to his buddy and slurs, "That's a mirror."

Blonde Mirror

Two blonde friends were walking down a street and one saw a mirror on the ground. She picks it up and looks into it. With a puzzled look on her face, she says to her friend "hmmm this woman looks familiar". Her friend grabs the mirror from her and looks into it. "Of course that woman looks familiar. It's me!"



Thank you to our generous friends who donated coffee, cookies and snacks, funds, Nellie's Nook items and more to Grinnell from February 17-March 9.

Dennis Blunck, Sonya Barnes, Bev Bliss, Sandra Payne, Elaine Holleman, Jo Schuett, Marva Towles, Mary Lou Martin, Anna Roth, Sherrill Gilbertson, Sharon Smith, Nancy Appleby, Peggy Wellnitz, Ronald & Roma York, Bill Chryst, Sherry Westbrook, Pam Curatolo, Jeannette Smith, Vic Stibbe, Harriett Olson and Betty Hommena.



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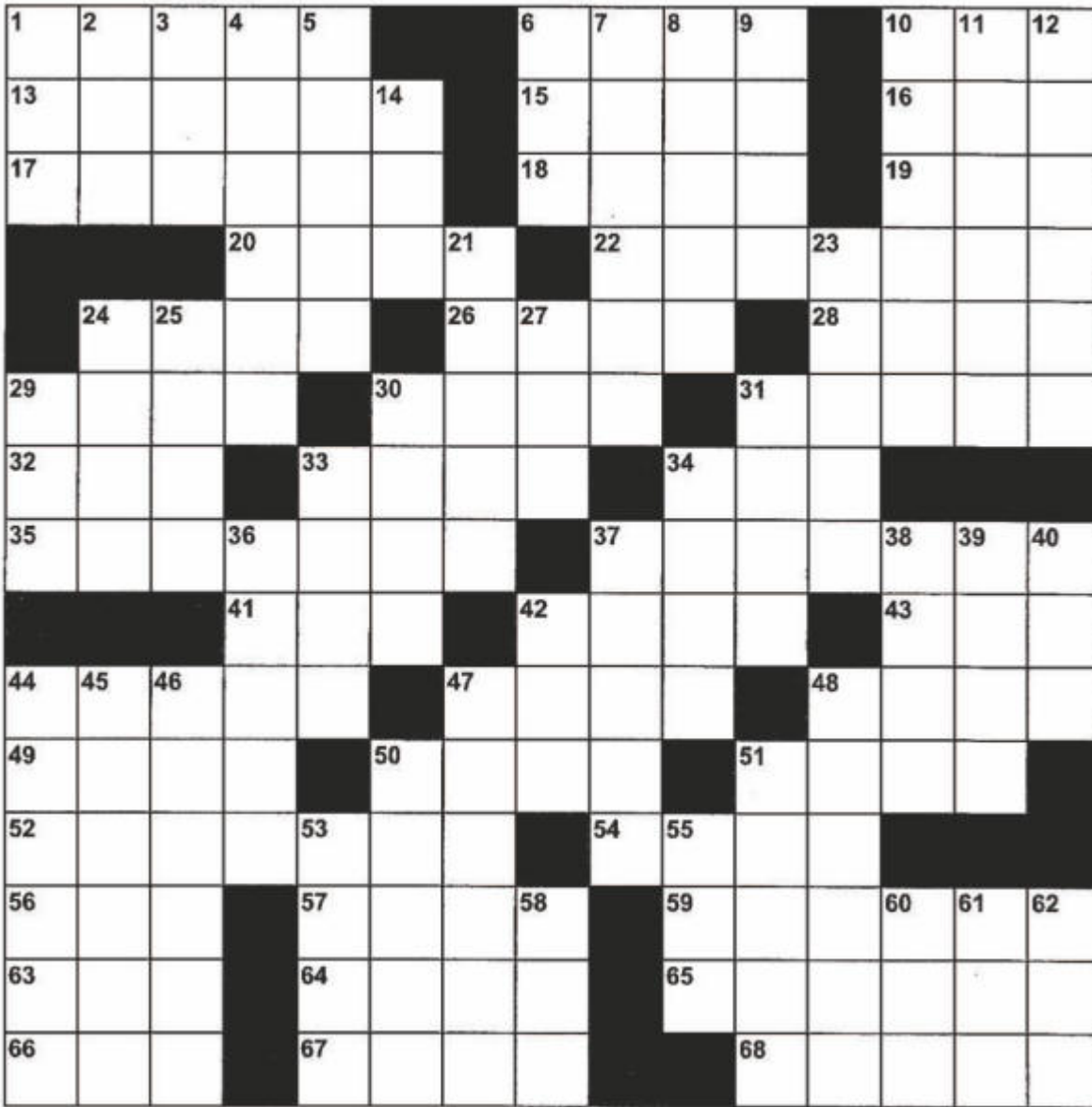
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By Evelyn Johnson - www.aets.com

ACROSS

- 1 Third month of the year
- 6 Replace a striker
- 10 Abdominal muscles (abbr.)
- 13 Musical productions
- 15 Canal
- 16 Vase
- 17 Politeness
- 18 Part of a semester
- 19 Thirst quencher
- 20 Baby bed
- 22 Conditions of the sky and air
- 24 So we see
- 26 Due
- 28 Slime
- 29 Mined metals
- 30 Absent without leave
- 31 Hooked up
- 32 Evergreen tree
- 33 Blintz
- 34 MI
- 35 Renounce
- 37 Carnal
- 41 Attempt
- 42 Crimp
- 43 Nervous system
- 44 Peaks
- 47 Skein of cloth
- 48 Sleigh
- 49 Oxford
- 50 Jellystone's bear
- 51 Unfreeze
- 52 Top quality steak
- 54 Challenge
- 56 Wing
- 57 Stacked mattresses
- 59 Went boating
- 63 Peaked
- 64 Tub spread
- 65 Probably
- 66 Caustic substance
- 67 Swirl
- 68 Subject

DOWN

- | | | |
|----------------------------|-------------------------------------|---------------------------|
| 1 Modern | 14 ___ Lanka | 42 Driving hazard |
| 2 Copy | 21 Kind of knife | 44 Attack violently |
| 3 Reverend (abbr.) | 23 Grinds | 45 Frigid |
| 4 Herb with spring flowers | 24 Triad | 46 Team spirit |
| 5 Head growth | 25 Frau's husband | 47 Bound |
| 6 Adjust | 27 Aced | 48 Ruler |
| 7 Embroidery yarn | 29 Disconnected | 50 Output |
| 8 Uttered | 30 Alcoholic | 51 Attribute |
| 9 Torah table | 31 Natural movement of air outdoors | 53 Double-reed instrument |
| 10 Penman | 33 Rods | 55 American sign language |
| 11 Move rapidly | 34 Liquefy | 58 Legume |
| 12 Trapped | 36 Brace oneself | 60 Downwind |
| | 37 Compact | 61 Tree |
| | 38 Ca. University | 62 Change color |
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**BELOIT
 SENIOR LIVING**

FROM THE CENTER FOR DISEASE CONTROL WEBSITE
CORONAVIRUS INFORMATION

KNOW HOW IT SPREADS

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).

The best way to prevent illness is to avoid being exposed to this virus.

The virus is thought to spread mainly from person-to-person.

Between people who are in close contact with one another (within about 6 feet).

Through respiratory droplets produced when an infected person coughs or sneezes.

These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.



TAKE STEPS TO PROTECT YOURSELF

Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.

If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol.** Cover all surfaces of your hands and rub them together until they feel dry.

Avoid touching your eyes, nose, and mouth with unwashed hands.

AVOID CLOSE CONTACT

Avoid close contact with people who are sick

Put **distance between yourself and other people** if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.

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WHO IS AT HIGHER RISK?

Early information out of China, where COVID-19 first started, shows that some people are at higher risk of getting very sick from this illness. This includes: **Older adults, People who have serious chronic medical conditions** like: **Heart disease, Diabetes, Lung disease**. If you are at higher risk for serious illness from COVID-19 because of your age or because you have a serious long-term health problem, it is extra important for you to take actions to reduce your risk of getting sick with the disease. Stay away from crowds.



HAVE SUPPLIES ON HAND

Contact your healthcare provider to ask about obtaining extra necessary medications to have on hand in case there is an outbreak of COVID-19 in your community and you need to stay home for a prolonged period of time.

If you cannot get extra medications, consider using mail-order for medications.

Be sure you have over-the-counter medicines and medical supplies (tissues, etc.) to treat fever and other symptoms. Most people will be able to recover from COVID-19 at home.

Have enough household items and groceries on hand so that you will be prepared to stay at home for a period of time. Use their pick-up or delivery service.

IF COVID-19 IS SPREADING IN YOUR COMMUNITY

Take extra measures to put distance between yourself and other people to further reduce your risk of being exposed to this new virus.

Stay home as much as possible.

Consider ways of getting food brought to your house through family, social, or commercial networks

If a COVID-19 outbreak happens in your community, it could last for a long time. (An outbreak is when a large number of people suddenly get sick.) Depending on how severe the outbreak is, public health officials may recommend community actions to reduce people's risk of being exposed to COVID-19. These actions can slow the spread and reduce the impact of disease.

HAVE A PLAN IF YOU GET SICK

Consult with your health care provider for more information about monitoring your health for symptoms suggestive of COVID-19.

Stay in touch with others by phone or email. You may need to ask for help from friends, family, neighbors, community health workers, etc. if you become sick.

Determine who can care for you if your caregiver gets sick.

POTENTIAL SYMPTOMS

Pay attention for potential COVID-19 symptoms including, fever, cough, and shortness of breath. If you feel like you are developing symptoms, call your doctor.

If you develop emergency warning signs for COVID-19 get medical attention immediately. In adults, emergency warning signs*: Difficulty breathing or shortness of breath, Persistent pain or pressure in the chest, New confusion or inability to arouse, Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.



CLEAN AND DISINFECT FREQUENTLY TOUCHED SURFACES DAILY

Light switches, tables, doorknobs, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.

To disinfect: Most common EPA-registered household disinfectants will work. Use disinfectants appropriate for the surface. **Options include: Diluting your household bleach.** To make a bleach solution, mix: 5 table-spoons (1/3rd cup) bleach per gallon of water OR 4 teaspoons bleach per quart of water. Follow manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronaviruses when properly diluted. Alcohol solutions – ensure solution has at least 70% alcohol.

FOR IMMEDIATE RELEASE FROM THE CITY OF БЕЛОIT

For more information, contact: Sarah Millard, Director of Strategic Communications

Email: millards@beloitwi.gov Office: 608-364-6726 Cell: 608-346-3142

CITY MANAGER

608-364-6726 (Office)

beloitwi.gov

City of Beloit Announces Closures, Cancellations & Changes in Light of COVID-19 Outbreak – March 16 Update

March 16, 2020 - The City of Beloit is implementing the following changes as we are limiting the potential exposure to COVID-19. We are doing this to prevent the spread of this virus to the most vulnerable residents in our community and our staff so that we can continue to provide core city services.

Transit operations will be moved to an on-demand service only beginning Wednesday, March 18, with trip priorities going to doctor appointments, work, and assistance services. Transit staff will be reviewing the on-demand requests and may require flexibility in some trip schedules.

- o Individuals requesting services must call (608) 364-2870 one day in advance to schedule a trip. You must call between 8am and 3pm Monday through Friday for Tuesday-Saturday trips and between 9am and 3pm Saturday for Monday trips. Staff will take down your information and then after 3pm will confirm the details of your pickup. Passengers may book recurring rides. This service will be within the City of Beloit limits. Hours of operation are Monday through Friday 6am to 5:20pm and Saturdays 9am to 3:35pm; we do not have service on Sunday. Pickup will be at bus stop locations. Drop offs will be made at the location.

- o Passengers who already use Rock County Specialized Transit will continue to use that service.

- o The Beloit-Janesville Express (BJE) will operate as normally scheduled; however, you will need to make arrangements for transportation in Beloit once you complete that trip.

- o Beloit Transit headquarters building will remain open to the public for purchase of passes/tokens.

We are no longer taking cash payments and City Hall access is limited to the first floor. The Public Works buildings at 2351 and 2400 Springbrook Court will not be taking payments. Please call the following numbers to learn how you can make arrangements to avoid in-person contact:

- o Building & Planning: 608-364-6700

- o Municipal Court: 608-364-6613

- o Utility Payments: 608-364-6663

- o Voting, Licensing and General Information: 608-364-6680

Grinnell Hall Senior Center will be closed to the public starting Monday, March 16, to prevent the spread of virus among our most vulnerable population. This closure is until further notice. Pre-packaged meals will be available drive-through style at Grinnell Hall to those who sign up through the Rock County nutrition program. Anyone who has questions about Grinnell Hall's closure can call at 608-364-2875. This closure applies to all programs that were scheduled at Grinnell Hall.

Beloit Public Library will be closed starting Monday, March 16, and will remain closed until further notice. All Beloit Public Library programming has been cancelled.

Absentee voting via mail is highly encouraged to avoid face-to-face contact at the polls on Election Day, which is April 7, 2020. If you haven't registered to vote yet, you can do online at <https://myvote.wi.gov/en-us/> by March 18, 2020. Absentee ballot requests can be made online at the same location.

Recycling Drop-Off Center will be closed Saturday morning and will remain closed until further notice.

Water Resources has suspended its water meter and transmitter replacement project.

Please visit www.beloitwi.gov/covid19 or www.facebook.com/cityofbeloit for the latest information, closures and cancellations from the City of Beloit.

Rock County Nutrition Grinnell Hall Senior Center

April

2020

Page 9

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Meals require reservations which must be made by noon of the prior business day.</p>	<p>Meals served Monday through Friday at 11:45am</p>	<p>1 Taco Casserole Refried Beans & Cheese Carrots Breadstick Cinnamon Applesauce</p>	<p>2 Tuna Pasta Salad Romaine w/dressing Pineapple Orange Cottage Cheese Salad Dinner Roll Tomato Juice Watermelon</p>	<p>3 Meatless Macaroni & Cheese Green Beans Winter Blend Veggies Wheat Dinner Roll Melon Mixture</p>
		<p>6 Swedish Meatballs Egg Noodles Green Beans Stewed Tomatoes Whole Wheat Bread Pears Sugar Cookie</p>	<p>7 Brat Patty Whole Wheat Bun Baked Beans Asian Carrot Salad Warm Chunky Applesauce</p>	<p>8 Chicken Salad over Fresh Baby Spinach w/Salad Dressing Potato Salad Whole Wheat Breadstick Vanilla Yogurt Mandarin Oranges</p>
<p>13 Polish Sausage Hot Dog Bun Calico Beans Brussels Sprouts Mandarin Oranges Vanilla Pudding</p>	<p>14 Chicken Cordon Bleu Casserole Broccoli Carrots Pears Oatmeal Raisin Cookie</p>	<p>15 Broccoli Quiche Breakfast Sausage Links Asparagus Mini Blueberry Muffin Tomato Juice Pineapple</p>	<p>16 Lemon Pepper Chicken Scalloped Potatoes Cooked Red Cabbage Whole Wheat Bread Applesauce</p>	<p>17 BBQ Rib Patty Whole Grain Bun Peas Cauliflower Peaches w/Graham Cracker Topping</p>
<p>20 Chicken & Broccoli Casserole Carrots Peas Wheat Roll Lowfat Vanilla Yogurt w/Strawberries</p>	<p>21 Burgundy Tips Egg Noodles Stewed Tomatoes Cauliflower W Wheat Breadstick Jello Poke Cake Banana</p>	<p>22 Meatloaf Mashed Potatoes Green Beans Broccoli Salad Wheat Roll</p>	<p>23 Sloppy Joe on Whole Wheat Bun Au Gratin Potatoes Beets Pears</p>	<p>24 Ranch Pork Chops Baked Beans California Blend Whole Wheat Bread Fruited Applesauce Cherry Orchard Bar</p>
<p>27 Macaroni & Cheese w/ Ham Asparagus Cauliflower Wheat Dinner Roll Lowfat Cottage Cheese Peaches</p>	<p>28 Chicken Parmesan Red Potatoes Brussels Sprouts Whole Wheat Breadstick Pineapple Butterscotch Pudding</p>	<p>29 Herbed Pork Loin Sweet Potato Cooked Red Cabbage Whole Wheat Bread Watermelon Pumpkin Bar</p>	<p>30 Hamburger on Wheat Bun Calico Beans Broccoli Mandarin Oranges</p>	

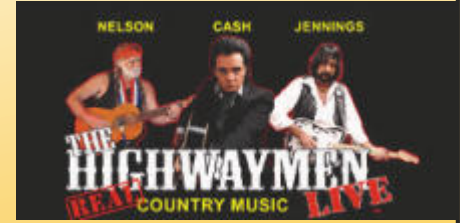
Meals available to anyone 60 years of age or older. Milk, coffee and tea are served with meals. **Suggested donation for each meal is \$4.00.** For reservations or additional information, please call the Rock County Nutrition Program at 608-757-5474 or Grinnell Hall at 608-364-2875. Funding provided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

The Highwaymen

Palace Dinner Theater, Wisconsin Dells

DATE TO BE DETERMINED

IF YOU CANNOT MAKE THE RESCHEDULED DATE A FULL REFUND WILL BE GIVEN



A Mighty Fortress

Fireside Dinner/Theater, Fort Atkinson, Wisconsin
CANCELLED REFUNDS HAVE BEEN SUBMITTED
PLEASE BE PATIENT FOR YOUR REFUND



WE ANTICIPATE THE ADDITIONAL UPCOMING TRIPS TO CONTINUE AS PLANNED. IF INTERESTED PLEASE SEND A CHECK WITH TRIP NAME, YOUR NAME, ADDRESS AND PHONE NUMBER TO GRINNELL HALL 631 BLUFF STREET BELOIT, WI 53511.

What Happens in Vegas	Thursday, June 11	Fireside Dinner Theater	\$73/\$83
Rick Lindy and the Wild	Wednesday, July 29	Starved Rock State Park	\$67/\$77
Brewers/Cubs	Sunday, August 9	Milwaukee	\$67/\$77
Boat Cruise and Black and Point Mansion Tour	Wednesday, Aug 19	Lake Geneva	\$88/\$98
Forever Plaid	Wednesday, Sept 16	Drury Lane	\$92/\$102
Dial M for Murder	Thursday, Oct. 1	Palace Theater	\$79/\$89
Heros of Rock	Wednesday, Oct. 21	White Pines State Park	\$58/\$68
The Four Cs Notes Christmas Show	Friday, December 4	Palace Theater	\$78/\$88



National Volunteer Week April 19-25

Grinnell Hall could not be what it is today without all of the great volunteers who do so much. Volunteers welcome guests, give tours, work the reception desk, decorate, Nellie's Nook, sales, assist with lunch, donate items that they have made to the less fortunate, lead activities, assist with events and are on the Advisory Board.

Remember to thank them for all they do!



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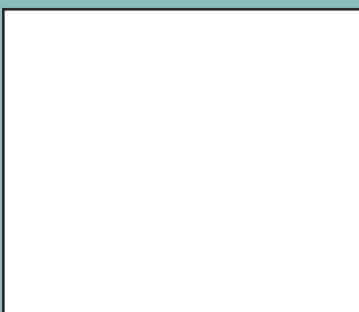
Did you know that the Wizard of Oz received its world premiere in Oconomowoc, Wisconsin on August 12, 1939.

Meinhardt Raabe (1946-1977) one of the infamous munchkins was from Watertown, Wisconsin and attended UW-Madison.



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The Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

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



The classic switch-a-roo



Just for laughs

Add some food coloring to the bottom of the cereal bowl before you pour cereal and milk.

Superglue coins to the ground outside.

Buy realistic looking bugs and put it in the cereal box.

Stuff tissue in the toe of someone's shoe.

Turn pictures, furniture, & everything that you can upside down.

Put baking soda into the toilet. When they go the bathroom it will foam up and give them a big Surprise!



Drink milk, it's good for you...in any color

Set the cup on a table, counter or floor and see what happens. Of course nothing is underneath it.



Glue a pair of different sized googly eyes on various items