

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.



**December
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.**



Christmas Sing Along Friday, December 18 10:00am

Get into the Holiday spirit as we sing some of your favorite songs. Bobbi Pann will play guitar and you can sing along or listen. We will sing for about 30 minutes and wish everyone a Merry Christmas!

You can join via Zoom on your computer or iPad or on your telephone.

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.

If you want to learn how to join the meeting on Zoom via your computer, laptop or iPad, give a call at least 1 week in advance and we will walk you through it.

If you want to email me to get the link for computers it will be easier to join. krausd@beloitwi.gov

Join Zoom Meeting

<https://us02web.zoom.us/j/85279811268?pwd=NElEb1pQK3NFZHHWeVlycnJzaDZRZz09>

For phone access call 312-626-6799 Meeting ID: 852 7981 1268 Password: 123456

Please follow the prompts to enter the ID and Password. There is no participant ID for phone in.



Cookie Recipe Exchange

Gather your favorite cookie recipe(s) and submit it to share in our cookie recipe exchange.

All recipes will be compiled into a book you can either pick up at Grinnell Hall, have it mailed to you or receive a digital copy via email. In addition to your recipe, please include any fun notes about the recipe, your name, address, phone number and email. Or you can drop off the recipe to Grinnell, please give a call first.

We can make a copy of your original and provide you the original back.

Please have all recipes in by Tuesday, December 14 at 3:00pm.

Mail your recipe to Grinnell Hall, Cookie Exchange, 631 Bluff Street Beloit, WI 53511

If you wish to send by email send to Nicole Yost at yostn@beloitwi.gov.

Copies of the recipes will be available for pick up at Grinnell Hall starting Friday, December 20. Please call to set up a pick up time. If you don't have a recipe to share but would like a copy of the recipes, give us a call.



Holiday Trivia

1. In the song “Frosty the Snowman,” what made Frosty come to life?
2. What Christmas decoration was originally made from strands of silver?
3. Who played George Bailey in the Christmas classic “It’s a wonderful life?”
4. Per a recent holiday fad, what “spy” hides around the house, reporting back to Santa on who has been naughty an nice?
5. What holiday beverage is also known as “milk punch?”
6. One of the reindeer shares a name with a famous symbol of Valentine’s Day, which reindeer is that?
7. What is the first name of Scrooge, the principal character of the novel “A Christmas Carol?”
8. What department store was featured in the movie “Miracle on 34th Street?”
9. What animated 2004 film is about a train that carries kids to the North Pole on Christmas Eve?
10. Elvis didn’t have a white Christmas, he had a _____ Christmas.
11. Which country did eggnog come from?
12. Who wrote, “Christmas doesn’t come from a store. Maybe Christmas perhaps, means a little bit more?”
13. What is the best-selling Christmas song ever?
14. What Saturday Evening Post artist was known for his whimsical pictures of Santa Claus?
15. What popular bite-sized candy comes wrapped in red and green foil at Christmas?

ANSWERS ON PAGE 10. NO PEEKING SANTA’S WATCHING YOU.

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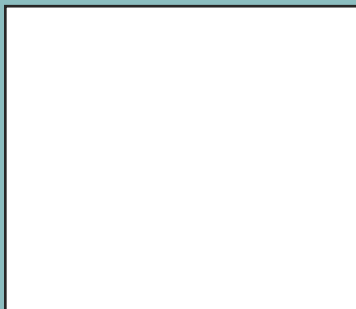
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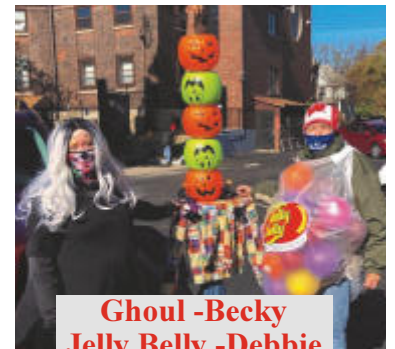
Crazy Hair Lady
Pearl F



Cat and
Dog On
A Hot
Tin Roof

Cindy &
Sonya B

Thank you all for coming out to celebrate Halloween with the Trick or Treat Drive Thru. It was great to see some smiling faces. Vote for your favorite costumes: first, second and third by calling or emailing by December 9. Winners will be announced in January newsletter and will receive a gift card. Thank you to Margaret Alexander, Becky Lilley and Debbie Kraus for their donations for the



Ghoul -Becky
Jelly Belly -Debbie

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Networking Friends

Are you looking to make new friends? We will send you a short survey and try to network a friend with you. Grinnell will connect you via a letter of introduction by you with just your first name and no other personal information until there is a comfort level. You set your own boundaries as to how often you would like to network and we will keep in contact with those involved to see how it's going. If you begin and find it is not what you were looking for, then don't worry, at least you gave it a try.

If connected you will be asked to follow the requests of your Networking Friend.

If you are interested or have questions give us a call or email Debbie at krausd@beloitwi.gov

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.

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.



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Rock County Nutrition Grinnell Hall Senior Center

December
2020 Page 7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chicken Breast /Gravy Mashed Potatoes Asparagus Whole Wheat Bread Apple Slices Peanut Butter Chocolate Pudding	2 Sloppy Joe Whole Wheat Bun Baked Beans Broccoli Slaw Warm Spiced Pears	3 Sausage Breakfast Bake Breakfast Potatoes Warm Cinn Applesauce Tomato Juice Cinn. Raisin Bread	4 Chicken Cordon Bleu Casserole California Blend Corn Mandarin Oranges Oatmeal Raisin Cookie
7 Hot Pork Whole Wheat Bread Red Potatoes Stewed Tomatoes Mandarin Oranges Poke Cake	8 Hamburger Patty Whole Wheat Bun Baked Beans Carrots Coleslaw Jello	9 Mac & Cheese w/Ham Peas California Blend Breadstick Cottage Cheese Peaches	10 Creamy Chicken & Vegetables Mashed Potatoes Broccoli Whole Wheat Bread Strawberry Yogurt	11 Spaghetti & Meatballs Green Beans Cauliflower Romaine w/dressing Carrot Spice Bar
14 Chicken Parmesan Cauliflower Peas & Carrots Wheat Breadstick Cherry Orchard Bar	15 Baked Cod Broccoli Sweet Potatoes Pineapple Whole Wheat Bread Vanilla Yogurt	16 Chili w/Beans Corn Cauliflower Blend Cottage Cheese Wheat Dinner Roll Fudgy Fiber Brownies	17 Baked Chicken Breast Mashed Potatoes w/ gravy Steamed spinach Whole Wheat Bread Snickerdoodle Cookie	18 Roast Beef w/gravy Rosemary Red Potatoes Green Beans Whole Wheat Bread Banana Chocolate Cake
21 BBQ Rib Patty Whole Wheat Bun Baked Beans San Francisco Blend Vegetables Pears	22 <u><i>Christmas Menu</i></u> Ham Carrots Green Bean Casserole Tossed Salad w/Ranch Wheat Dinner Roll Apple Pie Bar	23 Swedish Meatballs Noodles Cauliflower Beets Dinner Roll Peaches	24 <i>Closed Christmas Eve</i> 	25 <i>Closed Christmas Day</i> 
28 Salisbury Steak Baked Bean Medley Carrots Whole Wheat Bread Pears in Jello	29 Baked Cod Red Potatoes Stewed Tomatoes Rye Bread Peaches Carrot Cake	30 Chicken & Wild Rice Broccoli Beets Whole Wheat Bread Mandarin Oranges Vanilla Yogurt Sugar Cookie	31 Meatloaf Au Gratin Potatoes Brussels Sprouts Whole Wheat Bread Pears	<i>While Dining Centers are closed Please arrive for curbside pick-up meals at 11 am.</i>

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.

What Is Kwanzaa?

As a professor and chairman of black studies at California State University, Dr. Maulana Karenga combined several elements of his teaching to create this new holiday in 1966. He came up with the name “Kwanzaa” from the Swahili phrase *matunda ya kwanza* which means “first fruits of the harvest.” Karenga chose a Swahili phrase because it’s a language that isn’t defined by a particular region or tribe in Africa.

Karenga combined aspects of different African harvest celebrations, in particular the Ashanti and the Zulu. While there are similarities between Hanukkah and Kwanzaa, the practices are obviously distinct. Kwanzaa lasts 7 days and is represented by a kinara, a 7-candle holder that has 3 green candles on one side, a black candle in the center, and 3 red candles on the other side. Each candle represents one of the 7 principles of Kwanzaa, known as *Nguzo Saba*; unity (*umoja*), self determination (*kujichagulia*), collective responsibility (*ujima*), cooperative economics (*ujamaa*), purpose (*nia*), creativity (*kuumba*), and faith (*imani*). The black candle is the first one lit. The extra ‘a’ at the end of Kwanzaa is typically added so that there are 7 letters total, each representing a different principal.

When Is Kwanzaa?

Kwanzaa is always from December 26th to January 1st. Christmas can also be celebrated along with Kwanzaa as the two are not mutually exclusive. The last day of Kwanzaa is dedicated to gift giving, but the presents are typically home made instead of store bought.

On December 31st there is a large feast called Karamu. Traditional foods of Kwanzaa are typical of the African diaspora, but there isn’t a set menu like you might expect at Thanksgiving. Some of the foods typically included are jerk chicken, gumbo, accras, okra, and yams. There is typically a *mazoa* which is a spread of fruits and vegetables that symbolize the bounty of the harvest. Kwanzaa is celebrated mainly in the US but also in the Caribbean and other countries with large numbers of African descendants. The holiday is all about community and can be celebrated by anyone, regardless of their heritage.

The Hanukkah Story

The Hanukkah story is based on historical events that took place in 165 BCE in Jerusalem. After the Second Temple in Jerusalem was desecrated by the Seleucid Emperor Antiochus IV and his Greco-Syrian troops, Jewish priest Mattathias and his sons rebelled. Retaking Jerusalem and the Temple, they lit the holy lamp (the menorah) but had only enough oil for one night. Miraculously, the lamp stayed lit for eight days until enough holy oil could be procured.

Hanukkah is a minor Jewish holiday as compared to the high holidays of Rosh Hashonah and Yom Kippur or to Purim and Passover. It became a more significant holiday in the western world because of its proximity to Christmas and the desire among more secular Jews to participate in the cultural build-up to the winter solstice; as a result, gift-giving (in addition to the traditional gift of Hanukkah gelt) is more popular in the west than in other parts of the world. While the traditions of Hanukkah are similar around the world, each country has its own unique twist. In parts of France, for example, families light a double-decker (16-candle) menorah, while in Morocco fried treats are made with fruit juice and orange zest.

Hanukkah is celebrated for eight nights in a row; it is unlikely that any given family will have a major family celebration for every one of those nights, but they are almost certain to light Hanukkah candles and say blessings each night. On the Friday of Hanukkah, more observant families may also light Shabbat (sabbath) candles and say blessings after the Hanukkah candles are lit. There are also complex Talmudic rules governing the placement of the menorah, the quality of the candles, and the treatment of the candles and their wicks after use; these are followed by a minority of families who may follow more orthodox forms of Judaism.

When Is Hanukkah?

Jewish holidays are calculated using the Hebrew calendar, which is based on the lunar cycle and the seasons. It was created in ancient times based on observations of the appearance of the crescent moon. This means that the dates of holidays vary from year to year based not on the Gregorian calendar but on the phases of the moon (which last 29.5 days). Some years are longer or shorter than others, but instead of adding a leap day every four years, the Hebrew calendar adds a full lunar month to seven out of every 19 years. In 2020 Hanukkah will be celebrated December 10-18.

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

**BELLS
CANDLES
CELEBRATE
CHRISTMAS
CULTURAL
EIGHT NIGHTS
ELVES
FAITH
FAMILY
FEAST
FROSTY
GIFTS
HANUKKAH
HEBREW
HOLLY
HOPE
KWANZAA
MENORAH
PLACEMAT
PURPOSE
SANTA
SHABBAT
SNOWMAN
TINSEL
TREE
UNITY
WINTER**

Holiday Word Scramble

- | | |
|--------------------|---------------------|
| 1. Groceos _____ | 9. Narclorig _____ |
| 2. Kaknhhu _____ | 10. Scunttshe _____ |
| 3. Porduhl _____ | 11. Naast _____ |
| 4. Skagceap _____ | 12. Wamsonn _____ |
| 5. Stranneom _____ | 13. Anawkza _____ |
| 6. Limesotte _____ | 14. Gotscink _____ |
| 7. Traweh _____ | 15. Gisehl _____ |
| 8. Rats _____ | 16. Galen _____ |

I hope you didn't peek because Santa is watching!!!! 1. Scrooge 2. Hannukkah 3. Rudolph
4. Packages 5. Ornaments 6. Mistletoe 7. Wreath 8. Start 9. Caroling 10. Christmas
11. Santa 12. Snowman 13. Kwanzaa 14. Stocking 15. Sleigh 16. Angel

Holiday Trivia Answers

1. An old silk hat
2. Tinsel
3. Jimmy Stewart
4. The Elf on the Shelf
5. Eggnog



6. Cupid
7. Eboneezer
8. Macy's
9. Polar Express
10. Blue Christmas



11. England
12. Dr. Seuss
13. White Christmas by Bing Crosby
14. Norman Rockwell
15. Hersey Kisses



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)

**Time to Review Your Medicare Plan
Deadline for changes is December 7th**

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

AARP TAXES

At the time of the printing of the December newsletter we anticipate working with AARP to provide 2020 tax preparation. To ensure safe protocol, we are waiting for specific details of the process. **Until we have all details, we are not taking appointments at this time.**



beloit public library

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

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
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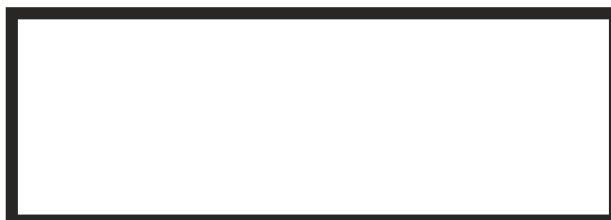
The Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

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



National Council on Aging



Monthly newsletters can be viewed online at beloitrecreation.com



Foot & Toenail Care

Tuesday, December 15 Tuesday, January 19

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.

*“Age is an issue of mind over matter.
If you don’t mind, it doesn’t matter.”*
~Mark Twain

*“Old enough to know better,
young enough to do it anyway”*
~ Unknown

*“In the end, it’s not the years in your
life that count. It’s the life in your years.”*
~Abraham Lincoln

*“Count your age by friends, not years.
Count your life by smiles, not tears.”*
~John Lennon