

Power of 50 Plus

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

January 2021

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

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.



**Happy
New Year!**

Noon Year's Eve Drive Through

Thursday, December 31 11:45am-12:10pm

In case of inclement weather we will reschedule to

Wednesday, January 6 11:45am-12:10pm

Please stay in your vehicle at all times.

Let's welcome 2021 with a drive through! Drive up to the Grinnell entrance to receive your New Year goody bag (while supplies last) and if you want to bring in 2021 with a countdown and song, pull into the church parking lot. Celebrate with some, noise-honk your car horn, and sing Auld Lang Syne, the New Year song." We will provide you with the words when you drive through.

Let's "toast" to a great 2021!



**In Loving Memory of current and past members who have passed in 2020.
Thoughts and prayers are with their family and friends**



Judith Adams
Wendell Anderson
Richard Ashton
Rosella Bennett
Ellen Bingham
Richard "Dick" Burkman
Richard Case
Fran Clark
Theresa (Terri) DuFauw
Joanne Frank
Charlene Govert
Bob Hopper



Dan Johnson
Dorothy Laskowski
Mary Lou Martin
Donna McFarlin
Margaret Moran
Russell Mortimer
Madeline Parker
Grace Phillips
Ginger Ritschel
Beverly Schoonover
Jean Stowell
Donald Tolmie
Patricia Wasserstrass

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.

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

AARP Tax Preparation

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.

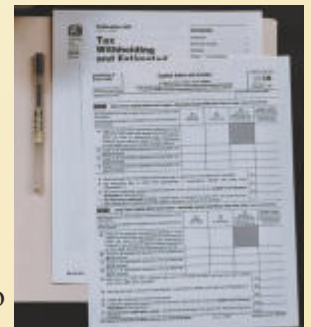
Appointments will be Monday, Tuesday and Wednesday February 8-April 7 at 8:00am, 8:30am, 9:00am.

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.

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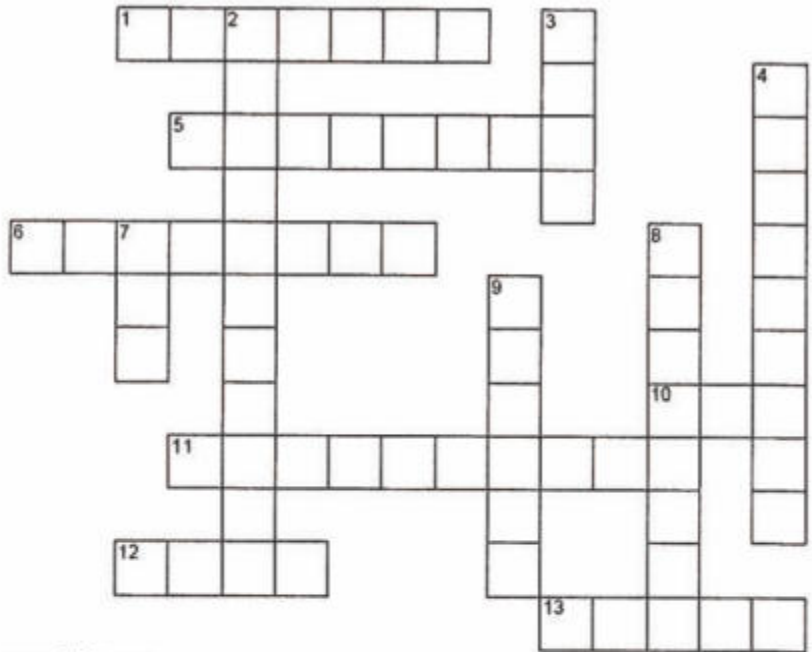
- 1 month New Year's is in
- 5 12:00 A.M.
- 6 small pieces of colored paper dropped on people at New Year's parties
- 10 the night before January 1st is called New Year's _____
- 11 a promise you make to yourself
- 12 couples do this at exactly midnight
- 13 day of the month New Year's is on

D
O
W
N

- 2 blow these special whistles to make noise on New Year's
- 3 children bang these to make noise at midnight on New Year's
- 4 light these sticks to celebrate the new year
- 7 3-letter abbreviation for the city that has a famous New Year's celebration in Times Square
- 8 item that often hangs on a wall and is used to tell the date
- 9 there are twelve of these in a year

HAPPY NEW YEAR

Answers on page 11



Make the **Smart Choice**



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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

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.



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My New Year Garden By Lisbeth Ann Williams



As we grow older, New Year's Resolutions are apt to become more important to us. So we reflect on the previous year's disappointments, consider those things that we have put off, and contemplate new possibilities – especially if we are “gardeners.” Indeed once the Christmas decorations have been stored away and the “seed” catalogs start to arrive, I find myself starting to ponder...

I planted too much *anger* and *resentment* last year, so this year I will replace them with *tolerance* and *patience*. I really could have used some more *enthusiasm*, too, so I will add a little extra this time and plant it next to *hope*. I have always wanted to cultivate *laughter*, and I have the perfect spot right next to the *lighthearted expressions*.

Perhaps I should thin out the *tears*. I really don't need very many of those. And, you know, I never really liked the *frustrations*-it's so invasive. I think I will replace it with *harmony*. I didn't care for that variety of *judgement* either. It's casting a shadow over the *kindness*. It does compliment the *blame*, but the other plants that are near it are not doing well. I will move them both, *judgement and blame*, to that far corner, and be sure to keep them pruned back. I should probably move the *criticism* back there as well.

A person could never have too much *peace*, so I will order twice as much this year. I will add a couple more varieties of *love* and put them right here in the front, so that I can smell their fragrance whenever I walk past them.

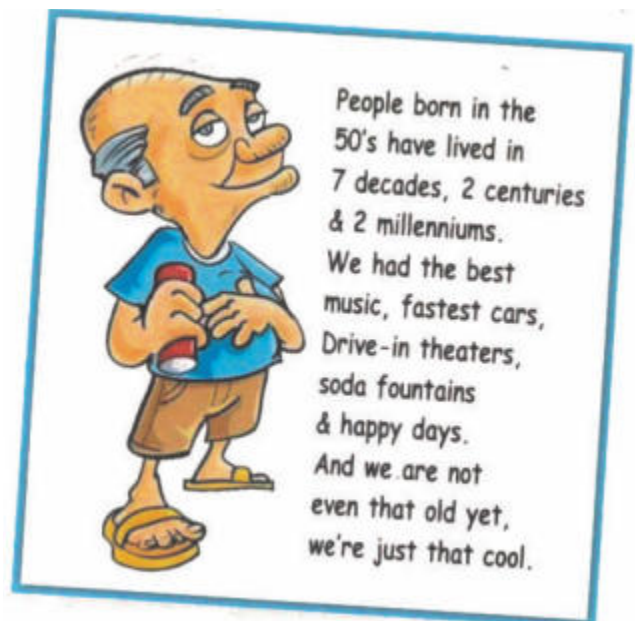
There, now I can place my orders. This catalog says that if I place of order of \$20 or more, they will send me a free *good will* bush. It would look so pretty tucked in between peace and harmony. Now if spring will just hurry up and arrive.

Laughter the Best Medicine

An elderly woman's New Year resolution was to get in shape so her and her husband went shopping. She stepped on a treadmill and said, “Honey, if you buy this for me, I will look like I did in high school.” “Sweetheart,” he said gently, “It's a treadmill not a time machine.”

We had a satellite dish installed on our roof, and my 22 year old grandson was trying to teach me how to operate the remote. Since I am not the most technologically savvy person, it was not going well. After repeating the instructions for the umpteenth time, he sighed, “This would be a lot easier if you were 12.”

As the year ended, our weight-loss club wondered who made their new year's resolution to lose weight. It was a 70 year old woman. We asked “How'd you do that?” “Easy,” she said. “Every night I would take my teeth out at six o'clock.”



“This is your great-grandma and great grandpa,” I told my grandson as I handed him a photo of my parents. “Do you think I look like them?” He shook his head. “Not yet.”

WINTER WONDERLAND WORD SEARCH



- | | | | |
|---------------|---------------|----------------|-----------------|
| avalanche | gloves | January | slippery |
| blanket | hail | Kwanzaa | slush |
| blizzard | Hanukkah | lunar new year | snowball |
| chimney | heater | melt | snowboard |
| Christmas | hibernate | migrate | snowdrift |
| coat | hockey | mittens | snowflake |
| cold | holidays | New Year's Day | snowman |
| December | hot chocolate | quilt | snowmobile |
| earmuffs | ice fishing | scarf | snowplow |
| February | ice skates | shovel | snowstorm |
| fireplace | icicles | skiing | sweater |
| freeze | igloo | sled | vacation |
| freezing rain | Jack Frost | sleet | Valentine's Day |
| frigid | jacket | sleigh | |

WORD SCRAMBLE

- 1 ISTFR YDA
 - 2 IWOSFKERR
 - 3 ISSK
 - 4 NOREITSOUL
 - 5 NTUDWOONC
 - 6 LUDALGNA NEYS
 - 7 MEEDCERB
 - 8 TTOAS
 - 9 REELTCEAB
 - 10 ALBL PRDO
 - 11 LOANSLBO
 - 12 MITNIGDH
 - 13 ERSECH
- Answers page 10

**FINE, YOU CAN SLEEP
HERE, BUT ONLY FOR
TONIGHT!**

SEVERAL YEARS LATER...



Rock County Nutrition Grinnell Hall Senior Center

January
2021 Page 9

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>While Dining Centers are Closed Due to COVID-19:</i>	<i>Please arrive for curbside pick-up meals at 11 am.</i>			1 No Meals 
4 Burgundy Tips Egg Noodles Winter Squash Beets Whole Wheat Bread Mandarin Oranges	5 CHOCOLATE MILK Roast Turkey Mashed Potatoes Corn Whole Wheat Bread Peaches Pumpkin Bar	6 Lasagna Casserole Cauliflower Romaine w/dressing Breadstick Warm Cinn. Applesauce Butterscotch Pudding	7 Chicken & Bean Chili Carrots Cornbread String Cheese Pears	8 Southwest Turkey & Rice Green Beans Cottage Cheese Whole Wheat Bread Warm CranApple Crumble
11 Cabbage Casserole Carrots Cottage Cheese Breadstick Warm Peach Crisp	12 Chicken Breast /Gravy Mashed Potatoes Asparagus Whole Wheat Bread Apple Slices Peanut Butter Chocolate Pudding	13 CHOCOLATE MILK Sloppy Joe Whole Wheat Bun Baked Beans Broccoli Slaw Warm Spiced Pears	14 Sausage Breakfast Bake Breakfast Potatoes Warm Cinn Applesauce Tomato Juice Cinn. Raisin Bread	15 Chicken Cordon Bleu Casserole California Blend Vegetables Corn Mandarin Oranges Oatmeal Raisin Cookie
18 Hot Pork Whole Wheat Bread Red Potatoes Stewed Tomatoes Mandarin Oranges Poke Cake	19 Hamburger Patty Whole Wheat Bun Baked Beans Carrots Coleslaw Jello	20 Mac & Cheese w/Ham Peas California Blend Breadstick Cottage Cheese Peaches	21 CHOCOLATE MILK Creamy Chicken & Vegetables Mashed Potatoes Broccoli Whole Wheat Bread Strawberry Yogurt	22 Spaghetti & Meatballs Green Beans Cauliflower Romaine Salad w/ dressing Carrot Spice Bar
25 Chicken Parmesan Pasta Cauliflower Florets Peas & Carrots Wheat Breadstick Cherry Orchard Bar	26 Baked Cod Sweet Potatoes Broccoli Whole Wheat Bread Pineapple Vanilla Yogurt	27 Chili w/Beans Corn Cauliflower Blend Cottage Cheese Wheat Dinner Roll Fudgy Fiber Brownies	28 Baked Chicken Breast Mashed Potatoes/ grvy Steamed Spinach Whole Wheat Bread Peaches Snickerdoodle Cookie	29 CHOCOLATE MILK Roast Beef w/Gravy Rosemary Red Potatoes Green Beans Whole Wheat Bread Banana Chocolate Cake

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

Answers from word scramble page 8

- | | |
|-------------------|---------------|
| 1. First Day | 7. December |
| 2. Fireworks | 8. Toast |
| 3. Kiss | 9. Celebrate |
| 4. Resolution | 10. Ball Drop |
| 5. Countdown | 11. Midnight |
| 6. Auld Lang Syne | 12. Midnight |
| | 13. Cheers |

Answers from crossword page 5

Across

1. January
5. Midnight
6. Confetti
10. Eve
11. Resolution
12. Kiss
13. First

Down

2. Noisemakers
3. Pots
4. Sparklers
7. NYC (New York City)
8. Calendar
9. Months

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); Immunocompromised 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.

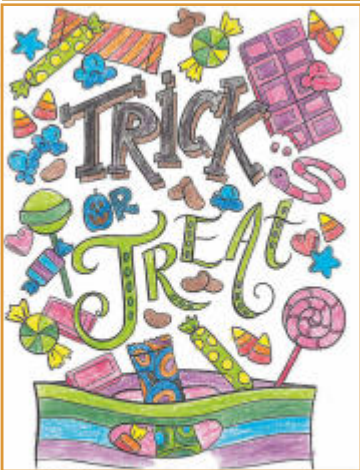
CDC Has Information For Older Adults at Higher Risk

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)

**Thank you for your votes!
And the winners are.....
Bert Sadler - Witch
Pearl Fridley - Crazy Hair Lady
Judy Witzack - Butterfly
Each of them will receive
a gift card!**



Pearl Fridley shared one of her creations from an activity packet.

Call for your packet of fun today

**2021 Membership Update
Just a reminder!**

Dear Grinnell Hall Members,
I hope this note finds you all healthy and safe! We all have experienced a year that we won't forget anytime soon! Due to the Covid-19 Pandemic we lost the opportunity to serve you and we feel that it is important that you know Grinnell Hall isn't just about financial/budget numbers.

Our goals have always been to serve our senior population to keep you active, engaged and welcomed at our Grinnell! With that said, the City administration would like to announce that anyone that had a paid membership to Grinnell Hall in 2020 will not have to pay a membership fee for 2021.

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

Spencer Wait, Recreation Supervisor

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

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

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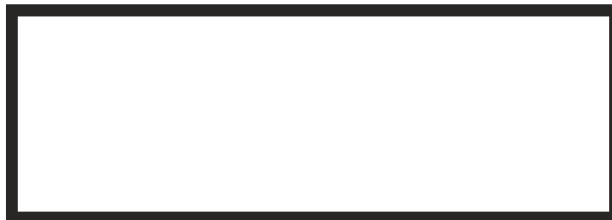
IN-HOME CARE FOR SENIORS

- 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, January 19 and Tuesday, February 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 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.

*“Kindness is hard to giveaway,
because it keeps coming back.”*
~Unknown

*“Spread the laughter, share the cheer!
Let’s be happy while we’re here”*
~ Unknown

*“Say and do something positive that
will help the situation. It doesn’t take
any brains to complain.”*
~Robert A. Cook

*“A truly happy person is one who
can enjoy the scenery on a detour.”*
~Unknown
Thank you Pearl Fridley for sharing