

Power of 50 Plus

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

March 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.



Saint Patrick's Day Drive Through **Wednesday, March 17 12:00-12:30pm**

In case of inclement weather we will reschedule to Friday, March 19 at the same time.
Enter off of Bluff Street and pull up to the vestibule door to receive your Saint Patrick's Day goodies!
Pull into the church parking lot to hear a few Saint Patrick's Day tunes.

COVID-19 Vaccine Information

Beloit Health System Update

Please call 608-364-5663 or follow Beloit Health System on Facebook for updates.

COVID-19 Vaccine Clinic Coming Soon

Individuals age 65+ are now eligible for the COVID-19 vaccine. Supplies have been limited, however, a public vaccine clinic at Blackhawk Technical College had a "soft opening" on Tuesday, February 16, 2021. Currently, the clinic is vaccinating those on a Rock County Health Department wait list. Please call 608-352-6727 for more information or go to co.rock.wi.us/publichealth. Click on COVID-19 vaccine information and request a form or complete the form.



March for Meals Kick Off **Monday, March 1st**



10% of proceeds will go to Beloit Meals on Wheels

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 has been nearly a year since Grinnell Hall has been open....that means we are getting closer to when we can open. There is no date or timeline set and we want to be safe when we do open, so please be patient. I know that some of you have received your COVID vaccine and we look forward to that continuing. If you have not received your vaccine, give a call to your doctor’s office and perhaps they may have some information. It doesn’t hurt to give a call. With the timing of the monthly newsletter we may not be able to inform you of information in a timely manner.

Keep your mind, body and soul busy. We still have some activity packets if interested. If you haven’t tried bingo yet we welcome you and it is fun. We even have a member who moved to Florida that is still playing. Something new and fun is Trivia. Set up is similar to bingo. You are not competing against anyone else just trying to answer as many questions correctly. Becky and Nicole (Recreation Coordinator) have found some fun multiple choice questions. As always call if you need some assistance or just to visit.

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

1st Game - C for Corned 2nd Game - B for Beef 3rd Game - Cover All

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

1st Game - Four Leaf Clover 2nd Game - Irish ‘Eyes’ 3rd Game - Cover All

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

1st Game - Shamrock 2nd Game - Rainbow 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!

C for Corned

B for Beef

**Four Leaf
Clover**

Irish “Eyes”

Shamrock

Rainbow

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 friends of Grinnell who have recently passed. Thoughts and prayers are with their family and friends.

Karen Nelson 1/9/2021
Kevin Reiners 1/20/2021
Gale Hemmerling 1/22/2021
Roger Burrow 2/8/2021

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.



Winter Wednesday Walk Snowshoeing at Beckman Mill

11600 S. County Road H Beloit
Wednesday, March 10 10:00am-12:00pm

Snowshoes and poles provided by Rock County Parks at no cost.

Please dress appropriately. Heated restrooms available.

Sponsored by Rock County Council on Aging and Rock County Parks



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- Online Education programs
- Support Groups
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HEALTH AND WELLNESS WORKSHOPS OFFERED BY ROCK COUNTY COUNCIL ON AGING

These classes are evidence-based classes and cover a number of topics and are low or no cost. Many of the classes are offered several times a year; choose the session that fits your schedule. Scholarships are available!! Many of these programs are offered on-line.

If you have any questions about the workshops listed below or need assistance in enrolling, please call Lisa Messer, Health Promotion Coordinator, at: (608) 757-5309 or email: Lisa.Messer@corock.wi.us
To enroll online go to: <https://www.co.rock.wi.us/aging> (click on classes and workshops).

LIVING WELL

This six-week workshop that provides information and support to people with any kind of ongoing health condition: e.g., heart disease, Parkinson's, arthritis, depression, high blood pressure, chronic pain, anxiety, cancer, and any others. These highly participatory workshops build the participant's confidence in their ability to manage their health, communicate more effectively with family members and healthcare providers, de-stress and relax, and maintain active and fulfilling lives. Help yourself to better health!

Online Workshop will be held Tuesdays March 9 – April 13, 2021 from 1:30-3:30 p.m. (Six weeks) Participants will need a tablet/ computer with mic/audio and have internet. Leaders: Megan Timm of SSM Health in Janesville, and Allison Brunette of Sheboygan County ADRC. Open to residents of Rock & Sheboygan counties first. Suggested donation \$10 for those ages 60+. Register by March 2, 2021.

STAND UP & MOVE MORE!

The University of Wisconsin-Madison, is extending an invitation to adults older than 55 years of age to participate in a "Stand Up and Move More" Program. This fun, interactive workshop will determine the health benefits of standing up and moving more throughout the day. Those eligible to participate are adults older than 55 years of age, who sit more than six hours a day, and are without major medical conditions. **The program consists of meetings held once/week for 4- 5 weeks, a refresher session at 8 weeks and an assessment at 12 weeks.** Those who finish the workshop and complete assessments will receive up to \$60 in gift certificates. There is no fee for this program. **Online workshop series is tentatively set to begin March 10-April 2 on Wednesdays 1:00-3:00pm. Please call Erin Eggert at 608-852-4303 for additional information and to register.**

STEPPING ON

This seven week class focused on improving balance and strength, home and environmental safety, vision and a medical review. Research shows that Stepping On participants have a 31% reduced risk of falls. There may be current workshops offering in other Wisconsin counties for state-wide enrolment. There may be a suggested donation depending on county. Check it out at www.wihealthyaging.org/workshops or contact Lisa.

MIND OVER MATTER

Healthy bowels, Healthy Bladder. This class is for women and taught by women. Designed to give women learning strategies for preventing or lessening symptoms. Research shows 71% improved bladder symptoms and 55% had improved bowel symptoms. There may be a suggested donation depending upon county. Check it out at www.wihealthyaging.org/workshops or contact Lisa.

EAT SMART, MOVE MORE, WEIGH LESS

This online weight management program uses strategies proven to work for weight loss and maintenance. Each lesson informs, empowers and motivates to live mindfully as you make choices about eating and physical activity. This program is an interactive real-time format with a live instructor. There is no fee for this class.

HEALTHY LIVING WITH DIABETES / VIVIR SALUDABLE CON DIABETES

Self-management program for individuals with diabetes offered in English and Spanish. This class is proven to increase knowledge and confidence in dealing with diabetes, improve self-care behavior and reduce emergency room visits and hospitalizations for diabetes. There may be a suggested donation depending upon county. Information about on-line workshops may be available at www.wihealthyaging.org/workshops.

Turn Canned Soup into a Complete Meal

Nothing beats a warm bowl of soup on a cold winter day. Not only does soup warm your body, it's good for your body too! Soup has a calming effect; soup can help reduce stress and anxiety; is an easy way to get a variety of food groups into one meal; and the broth in soup not only keeps you hydrated, it is also full of nutrients that were released from foods during cooking. So don't let it go to waste! Although homemade soup is usually the best when it comes to controlling sodium, for many, making soup from scratch can seem overwhelming. Well, the great thing is that by adding a few ingredients, a can of soup can become a nutrient dense meal with minimal effort. Here are some tips on how you can turn that can of soup into a complete meal.

Start with a healthier can of soup: Choose soups low in sodium and high in fiber. Foods labeled "low sodium" or "no added salt" can identify foods that contain less salt and are a good place to start. Be sure to compare nutrition labels as similar foods can vary significantly in sodium content. **Check the ingredient list:** Generally speaking, the shorter the ingredient list, the better. Choose soups that contain ingredients you recognize. **Add a source of protein:** Increase the protein by adding bite size pieces of leftover fish, chicken, beef, pork or canned or cooked beans or lentils. Beans and lentils not only increase the protein but are a great source of fiber as well. **Load up on vegetables:** Adding extra vegetables is a great way to add nutrients, antioxidants, and fiber. Stir in leftover vegetables or cook fresh or frozen vegetables in the soup until tender. Want to add color? Toss in a handful of baby spinach leaves and stir until wilted. **Add whole grains:** Whole grains are a good source of fiber and B vitamins. Try adding cooked brown rice, whole wheat pasta, barley or quinoa. **Spice it up:** Experiment with flavorful herbs and spices in place of salt. Try adding flavors. Use basil, black pepper, curry powder, cumin, garlic powder, onion powder, coriander, oregano and onion. If using dried spices, add them towards the end, so they retain their flavor. **Soup Safety:** Place leftover soup in a shallow container and refrigerate within 2 hours. Be sure to reheat to 165° F. Eat refrigerated soup within three days or freeze it in individual portion containers.

Make the Smart Choice



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

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~Terrace~

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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 information.

Watch Battery Replacement
 With extra time on your hands did you do some cleaning and find a watch that needs a battery? Sorry no jewelry repairing at this time. . Give a call to drop the item(s) off and we will connect with the watch battery contact. Payment, if any, is due upon pick up. Please note it will take some time to return your items.

Alterations
 The Alterations Lady, Jo Ellen, will be offering her services. Gives us a call to drop off your items at Grinnell Hall. 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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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.

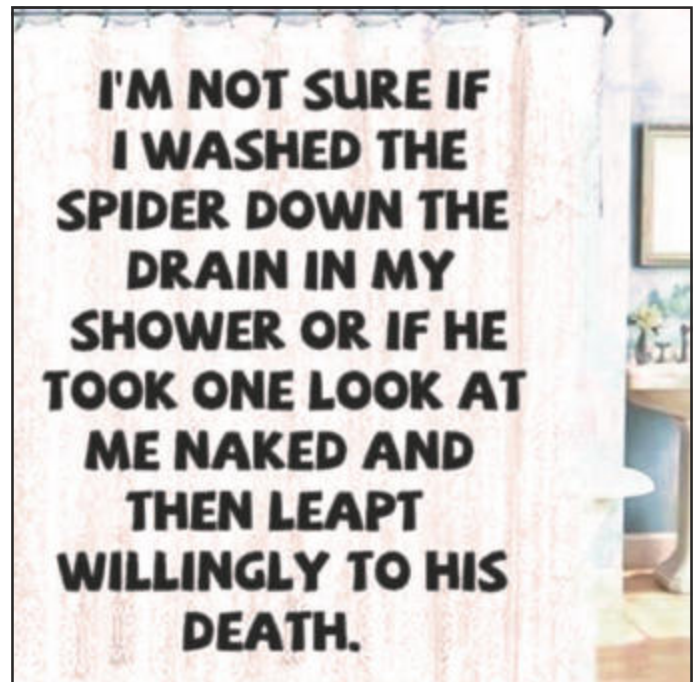
TRIVIA FUN! Thursday, March 25 12:00pm

This will be fun and get your mind working. We will have multiple choice questions and hey if you're not sure, take a guess.

Here's how it works. We will begin with one individual and ask her/him questions (no teams) and continue until they do not have a correct answer. We will then go onto the next person with different multiple choice questions and so on until everyone has had a chance. We will keep track of how many correct answers each individual gets and the one with the most right will receive a very, and I mean a very, special prize.

The connection is similar to bingo. 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). Everyone one but the person answering the questions will be muted. When we call on you we will unmute you. FUN, FUN, FUN!

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.



Across

- capital of Ireland
- a type of Irish dance
- if you do not wear green on March 17 this will happen
- the day St. Patrick's Day falls on
- the national emblem of Ireland
- yellow and blue make _____
- from Ireland

Down

- the 3rd month of the year
- good fortune
- nonsense or misleading talk
- called the Emerald Isle
- a starchy vegetable
- a sprite
- 4 leaf _____



Irish Sayings

May you live as long as you want, and never want as long as you live.

May you have the hindsight to know where you've been, the foresight to know where you are going, and the insight to know when you have gone too far.

A good laugh and a long sleep are the two best cures.

May your heart be light and happy, may your smile be big and wide, and may your pockets always have a coin or two inside!

Don't be breaking your shin on a stool that's not in your way.

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

CABBAGE
 CELTS
 CORNED BEEF
 FOUR LEAF CLOVER
 GREEN
 HOLIDAY
 IRELAND
 IRISH
 LEPRECHAUN
 LUCKY
 MARCH
 PARADE
 PATRICK
 POT OF GOLD
 RAINBOW
 SAINT
 SHAMROCK



Rock County Nutrition Grinnell Hall Senior Center

March
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Hot Pork Red Potatoes Stewed Tomatoes Whole Wheat Bread Mandarin Oranges Poke Cake	2 <i>Chocolate Milk</i> Creamy Chicken & Vegetables Mashed Potatoes Broccoli Whole Wheat Bread Strawberry Yogurt	3 Spaghetti & Meatballs Green Beans Cauliflower Romaine salad w/ dressing Carrot Spice Bar	4 Hamburger Patty Whole Wheat Bun Baked Beans Carrots Coleslaw Jello	5 <i>Meatless</i> Lemon Parsley Cod Asparagus Cooked Carrots Rice Pilaf Applesauce
8 Chicken Parmesan Pasta Cauliflower Peas & Carrots Wheat Breadstick Cherry Orchard Bar	9 Baked Cod Sweet Potatoes Broccoli Whole Wheat Bread Pineapple Vanilla Yogurt	10 <i>Chocolate Milk</i> Roast Beef w/Gravy Rosemary Red Potatoes Green Beans Whole Wheat Bread Banana Chocolate Cake	11 Baked Chicken Breast Mashed Potatoes w/ gravy Steamed Spinach Whole Wheat Bread Peaches Snickerdoodle Cookie	12 <i>Meatless</i> 3-Bean Vegetarian Chili Carrots Cauliflower Wheat Roll Orange Pineapple Cottage Cheese Fluff
15 BBQ Rib Patty Whole Wheat Bun Baked Beans San Francisco Blend Vegetables Pears	16 <u>St. Patrick's Menu</u> Corned Beef Cabbage Red Potatoes Carrots Rye Bread Mint Brownie	17 Creamy Chicken & Broccoli Mashed Potatoes Stewed Tomatoes Wheat Breadstick Fruited Applesauce	18 <i>Chocolate Milk</i> Chopped Steak Scalloped Potatoes Green Beans Asian Carrot Salad Whole Wheat Bread Cherry Orchard Bar	19 <i>Meatless</i> Macaroni & Cheese Green Beans Winter Blend Vegetables Cottage Cheese Melon Mix
22 <i>Chocolate Milk</i> Salisbury Steak Baked Bean Medley Carrots Whole Wheat Bread Pears in Jello	23 Baked Cod Red Potatoes Stewed Tomatoes Rye Bread Peaches Carrot Cake	24 Chicken & Wild Rice Broccoli Beets Whole Wheat Bread Mandarin Oranges Vanilla Yogurt Sugar Cookie	25 Meatloaf Au Gratin Potatoes Brussels Sprouts Whole Wheat Bread Pears	26 <i>Meatless Chocolate Milk</i> Broccoli & Cheese Egg Bake Breakfast Potatoes Asparagus Cottage Cheese Orange Juice Cinn. Raisin Bread
29 Burgundy Tips Egg Noodles Winter Squash Beets Whole Wheat Bread Mandarin Oranges	30 Roast Turkey Mashed Potatoes Corn Whole Wheat Bread Peaches Pumpkin Bar	31 Lasagna Casserole Romaine w/dressing Cauliflower Breadstick Warm Cinnamon Applesauce Butterscotch Pudding	<i>While Dining Centers are Closed Due to COVID-19:</i>	<i>Please arrive for curbside pick-up meals at 11:00am</i>

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)

LAUGHTER THE BEST MEDICINE

A woman brought a very limp duck into a veterinary surgeon. As she laid her pet on the table, the vet pulled out his stethoscope and listened to the bird's chest. After a moment or two, the vet shook his head and sadly said, "I'm sorry, your duck, Cuddles, has passed away." The distressed woman wailed, "Are you sure?" "Yes, I am sure. Your duck is dead," replied the vet.

"How can you be so sure?" she protested. "I mean you haven't done any testing on him or anything. He might just be in a coma or something." The vet rolled his eyes, turned around and left the room.

He returned a few minutes later with a black Labrador Retriever. As the duck's owner looked on in amazement, the dog stood on his hind legs, put his front paws on the examination table and sniffed the duck from top to bottom. He then looked up at the vet with sad eyes and shook his head.

The vet patted the dog on the head and took it out of the room. A few minutes later he returned with a cat. The cat jumped on the table and also delicately sniffed the bird from head to foot. The cat sat back on its haunches, shook its head, meowed softly and strolled out of the room.

The vet looked at the woman and said, "I'm sorry, but as I said, this is most definitely, 100% certifiably, a dead duck." The vet turned to his computer terminal, hit a few keys and produced a bill, which he handed to the woman.. The duck's owner, still in shock, took the bill. "\$150!" she cried, "\$150 just to tell me my duck is dead!" The vet shrugged, "I'm sorry. If you had just taken my word for it, the bill would have been \$20, but with the **Lab** Report and the **Cat** Scan, it's now \$150."

CROSSWORD PUZZLE ANSWERS

ACROSS: 4. DUBLIN 5. JIG 7. PINCH 9 SEVENTHEENTH 11. SHAMROCK 12. GREEN 13. IRISH
DOWN: 1. MARCH 2. LUCK 3. BLARNEY 6. IRELAND 7. POTATO 8. LEPRECHAUN 10. CLOVER

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is a managed care organization
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to seniors and adults with disabilities
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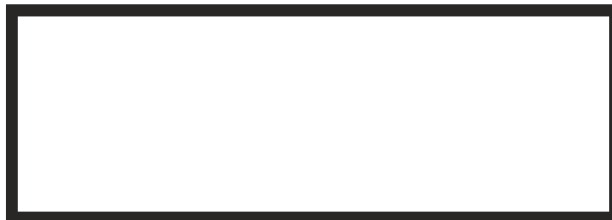
IN-HOME CARE FOR SENIORS

- 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
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Foot & Toenail Care

Tuesday, March 16 and Tuesday, April 20
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.

Quotes from the book "Dance First, Think Later"

Breathe. Let go. And remind yourself that this very moment is the only one you know you have for sure.

Oprah Winfrey

Start where you are. Use what you have. Do what you can.

Arthur Ashe, Professional Tennis Player