

# Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

*Open to both Wisconsin and Illinois residents.*

**April 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.*



Hello Grinnell Family,

As I sat down to finish the April newsletter to send off to the printer, I received an email from the Emergency Management Coordinator with the City of Beloit. This individual coordinates the many aspects of COVID-19 which includes proposals on Grinnell and Recreation activities and facilities. These proposals are submitted to the EOC (Emergency Operations Committee). The EOC ultimately makes the decisions on Grinnell and Recreation activities and facilities.

I am happy to say that the EOC has approved several activities that can be offered at Grinnell! Do to the timing of the information we anticipate beginning some activities in May!

Becky and I are excited but also know that there is a lot of work ahead and we are going to rely on our volunteers and each and every one of you to make this a positive experience for everyone. We also know that not everyone is going to feel comfortable returning indoors so we will continue with drive through activities and some activities will be held outdoors. Please be patient as we open up and know that there will be changes along the way. The following are some guidelines that I know will be implemented.

**\*Do not come to Grinnell if you are feeling ill.**

**\*Masks must be worn at all time**

**\*You must be a Grinnell Member to participate.**

**If you had a paid membership in 2020, the City of Beloit extended your membership to December 2021.**

**\*You must have your membership card.**

**Please call us if you need a new one a few days before you arrive for your activity.**

**\*You must pre-register for the activities.**

**\*Dining will continue to be drive through.**

Please be patient and please do not call to ask which activities will be offered as all information will be in the May newsletter. Please note that activities may change at any time.

We look forward to seeing everyone and hearing the conversations and laughter!

Debbie Kraus, Senior Center Manager

**Spring Drive Through**  
**Wednesday, April 14 12:00-12:30pm**

**In case of inclement weather we will reschedule to Friday, April 16.**

**We will celebrate Earth Day! Enter off of Bluff Street and pull up to the vestibule door to receive your gift. Pull into the church parking lot to hear a few tunes. Open to members only.**

**Please give a call to reserve your spot.**

**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

**COVID-19 Vaccine Information**

**Beloit Health System**

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. 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](http://co.rock.wi.us/publichealth). Click on COVID-19 vaccine information and request a form or complete the form.

**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, April 8 at 12:00pm Use first row of cards on bingo sheet**

1st Game - "Explosion" 2nd Game - Double Pyramid 3rd Game - Cover All

**Thursday, April 15 at 12:00pm Use second row of cards on bingo sheet**

1st Game - House 2nd Game - Happy Face 3rd Game - Cover All

**Thursday, April 22 at 12:00pm Use third row of cards on bingo sheet**

1st Game - Diamond 2nd Game - Arrow 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!**

**"Explosion" Double Pyramid House Happy Face Diamond Arrow**

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



Jim Buske 1/23/2021

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.



### Historical moments in the month of April

- \*The first Webster Dictionary was copyrighted by Noah Webster on April 14, 1828.
- \*The Titanic sank on April 15, 1912.
- \*The Revolutionary War in America began on April 19, 1775.
- \*The United States Library of Congress was established April 24, 1800.
- \*Our first President George Washington was inaugurated on April 30, 1789.
- \*America's first astronauts were announced by NASA on April 9, 1959.



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(920) 294-4100 [kristine.biesenthal@alzwissc.org](mailto:kristine.biesenthal@alzwissc.org)



### ROCK STEADY BOXING IS BACK!



Rock Steady Boxing started back up at Big Hill Park in Beloit Welty Center in Big Hill Park in Beloit We are so pleased to open the Rock Steady Boxing for Parkinson’s after almost a year of being closed! SOL Fitness and the City of Beloit are offering this program on Tuesday and Thursday evenings at 5:30pm.

The class was designed for those with Parkinson’s but has proven benefits for all! In addition to the power and benefits of boxing the class works on strength and flexibility, balance, cognitive drills and so many more skills required for active daily living.

Participants are various ages and work to their capacity and ability.

The program has a limit of 6 participants per evening class due to the COVID restrictions. Registration is a must and safety protocols will be enforced. We invite interested individuals to come and observe a class. If you join, gloves must be purchased. We offer reasonably priced gloves if you don’t have already any.

The cost is \$10 per class or purchase a punch card \$100 for 11 classes. We are offering a special for the first two individuals with Parkinson’s Disease who have never attended a class before. You may be eligible to attend 5 classes for free. Please contact Connie Udell at 608-302-7088 or [connieudell1@gmail.com](mailto:connieudell1@gmail.com) for information on this special and with any other questions about Rock Steady Boxing.

Rock Steady is non-contact as you do not box against another person.

If you are curious on the program and more of its benefits check out [www.rocksteadyboxing.org](http://www.rocksteadyboxing.org).

# Make the Smart Choice



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## Beloit Regional HOSPICE

Member of Beloit Health System

608.363.7421




Visit [www.beloithealthsystem.org](http://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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**TRIVIA FUN!**  
**Thursday, April 29 12:00pm**

This will be fun and get your mind working. We will have multiple choice questions and hey if you're not sure of the answer, 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 to answer questions. 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 but the person answering the questions will be muted. When we call on you we will unmute you.

**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.**



Spring



W H M Z A L K R S G U B E C H T Q I  
 F T U L Y I J B E P Q N O P A S D X  
 S J N I B O R H L V M C S U T L E K  
 P E D W G X E K J O A Z R M C Q F B  
 R C Y Q U S A V N T S I E K H R O L  
 O L A M B F D T E U P S W G X T J E  
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 T B E J D W P Q I S G X L M F P A U  
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- BIRDS
- BLOSSOM
- BUGS
- BUNNY
- BUTTERFLY
- CALF
- CATERPILLAR
- CHICKS
- FLOWERS
- FROG
- GARDEN
- HATCH
- INSECTS
- LADYBUG
- LAMB
- NATURE
- NEST
- RABBIT
- ROBIN
- SNAIL
- SPRING
- SPROUT
- TULIP
- WORM



## Plant and Nellie's Nook Spring Sale

Friday, May 21 9:00am-3:00pm

Saturday, May 22 9:00am-3:00pm

**We are excited to have our Annual Plant and Spring sale back!**

We will have indoor, outdoor, cactus, vegetable, flowering, exotic, succulents, or whatever variety you like or want to give a try. We will have plant enthusiasts on hand to help you pick out the one(s) that will suit your needs and inform you of their care. If you don't have a green thumb, we still have a plant for you. Pick a plant that grows without too much work, attracts birds or keeps the bugs away. Plants are very affordable.

We're bringing Nellie's Nook many new and gently used items back out. Browse purses, scarves, jewelry, house décor, scarves, greeting cards and more. You will definitely find something for you or a gift for someone else at a very affordable price..

We are reaching out for donations of plants and new or gently used items to add to our sale. If you have items to donate please call us to let us know what they are and when you would be dropping them off.

If you are interested in volunteering with set-up, during the event or both please contact us. Volunteers are needed to assist with monitoring social distancing, putting prices on items, bagging items and keeping the area tidy. We ask volunteers to commit for a 2 hour time span.

**To ensure safety protocols are enforced, entrance is by reservation only.**

**Masks will be required and social distancing will be monitored.**

**Members can start to make their appointments when they receive their newsletter.**

**Let us know how many will be in your group when you call.**

**We will have some time slots available for walk-ins but you may have to wait a little.**



## The Many Benefits of House Plants

Nothing adds more beauty and comfort to our homes and offices than the lush flowers and foliage of indoor plants. Bedrooms, bathrooms, kitchens, cubicles... There really isn't a space a houseplant can't enliven. Just add light and water, and you've got a growing indoor oasis. Bringing plants into your home is aesthetically pleasing and - amazingly - plants can offer strong health benefits as well!

Multiple studies have proven that indoor plants keep you healthier and happier, offering both psychological and physical health benefits that include:

- \*Improving your mood
- \*Reducing fatigue
- \*Lowering stress and anxiety
- \*Improving office performance and focus
- \*Boosting healing and pain tolerance
- \*Minimizing the occurrence of headaches by improving air quality
- \*Easing dry skin and respiratory ailments due to dry air

Many houseplants absorb toxic substances such as formaldehyde, benzene and trichloroethylene, found in man-made materials that are known to "off-gas" pollutants into the air in your home, school, and office. In addition, a study done at Virginia Tech led researchers to conclude that houseplants can reduce indoor dust by up to 20%. In effect, houseplants are efficient air cleaners.



### **The Many Benefits of House Plants (continued)**

NASA has done extensive studies of the role of houseplants in cleansing the air, hoping to capitalize on these benefits for future space stations. Their studies have shown that certain houseplants are exceptionally good at cleansing the air. NASA recommends having 15-18 houseplants for a 1,800 square-foot house. While not all of us have room for quite that many plants, even just a few can be effective. Dr. Virginia Lohr, a professor of horticulture at Washington State University, suggests that filling as little as 2% of the room with plants will make an impact.

Indoor plants improve air quality in other ways as well. Plants release water vapor into the air, which increases humidity, and this can help improve respiratory and skin health by offsetting the drying effects of heating systems. This can be an incredible benefit to those with respiratory issues, headaches, and allergies.

Plants also increase oxygen levels in the air by absorbing carbon dioxide and releasing oxygen during photosynthesis. According to a Seattle Times article, you can maximize your benefits by placing plants "in your 'breathing zone,' within 6 to 8 square feet of where you normally sit or lie."



A positive effect of this increased oxygenation can be to improve our mood, energy, and mental focus. In fact, studies have found that when people were allowed to have indoor plants in their office space, their work performance improved! No wonder so many new tech offices are including indoor spaces reminiscent of forests and tropical oasis. Not only are they beautiful, they also help people feel better and work better.

Humans have a strong connection to nature and bringing nature into your immediate surroundings makes you calmer, more content, and as we've seen, more focused. Outdoor activities like forest bathing and nature walks are shown to improve levels of stress and anxiety, and living with indoor plants can do the same. There are studies going on now that are testing to see whether having plants nearby in a hospital room can actually help patients better manage their pain.

Just having plants around you will obviously offer psychological benefits but the act of caring for your plants can also help decrease stress and anxiety. So next time you're watering your plants, slow down, take a few deep breaths, and really focus on what you're doing. Admire your plants' leaves and flowers; touch them; maybe even talk to them! It will help both you and your plants thrive.

### **Rod & Reel Club**

Start getting your fishing gear ready for the fishing season. We will have some dates and locations in the near future. Keep watching the newsletter for more information.  
Richard Wensel, Rod & Reel Club Leader



### **CROSSWORD PUZZLE ANSWERS**

#### **ACROSS**

**3. WATERS 6. LION 8. WIND 9. FOG 11. UMBRELLA 14. SHOWERS 15. THUNDER  
16. WINTER 17. WARM 18. SUNNY 20. COOL 22. SUN 23. MUD**

#### **DOWN**

**1. RAIN 2. WINDY 4. CLOUD 5. LIGHTNING 7. GRASS 9. FLOWERS 10. PUDDLES  
12. RAINBOW 13. TREES 19. SNOW 21. LAMB**

# Rock County Nutrition Grinnell Hall Senior Center

**April**  
**2021** Page 10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b><i>While Dining In Centers are Closed Due to COVID-19:</i></b>	<b><i>Please arrive for curbside pick-up meals at 11:00am</i></b>		<b>1</b> <i>Chocolate Milk</i> Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Green Beans Whole Wheat Bread Mandarin Oranges Pumpkin Fluff	<b>2</b> <i>Spring Holiday</i> <b>No Meals</b> 
<b>5</b> Swedish Meatballs Egg Noodles Stewed Tomatoes Peas & Carrots Strawberry Applesauce	<b>6</b> Brat Patty Whole Wheat Bun Baked Beans Asian Carrot Salad Warm Spiced Pears	<b>7</b> <i>Chocolate Milk</i> Chicken Salad Baby Spinach Salad w/ dressing Potato Salad Whole Wheat Bread Mandarin Oranges	<b>8</b> Roast Beef w/gravy Mashed Potatoes Broccoli Whole Wheat Bread Peanut Butter Fresh Apple Slices Pudding	<b>9</b> Lemon Pepper Chicken Sweet Potatoes Cooked Red Cabbage Whole Wheat Bread Peaches Pumpkin Bar
<b>12</b> Meatloaf Au Gratin Potatoes Mediterranean Blend Whole Wheat Bread Pears	<b>13</b> <i>Chocolate Milk</i> Chicken & Broccoli Casserole Carrots Cauliflower Cottage Cheese Mandarin Oranges	<b>14</b> Sloppy Joe Whole Grain Bun Baked Bean Medley Italian Vegetables Peaches	<b>15</b> Sliced Turkey Breast w/Gravy Mashed Potatoes Beets Whole Wheat Bread Applesauce	<b>16</b> Broccoli Egg Bake Sausage Links Asparagus Tomato Juice Cinnamon Raisin Bread Pineapple
<b>19</b> <i>Chocolate Milk</i> Burgundy Tips Egg Noodles Stewed Tomatoes Cauliflower Pears Cake w/Berry Frosting	<b>20</b> Chicken Fajita Casserole Carrots Green Beans Cottage Cheese Fruit Fluff	<b>21</b> BBQ Pulled Pork Whole Wheat Bun Baked Beans Broccoli Cinnamon Applesauce	<b>22</b> Baked Salmon w/Dill Mashed Potatoes Corn Whole Wheat Bread Peaches Fudgy Fiber Brownie	<b>23</b> Spaghetti & Meatballs Pasta Italian Vegetables Romaine Salad w/ dressing Warm Fruit Salad
<b>26</b> Macaroni & Cheese Broccoli Cauliflower Cottage Cheese Whole Wheat Bread Banana	<b>27</b> <i>Chocolate Milk</i> Chicken Breast Parmesan Red Potatoes Brussels Sprouts Whole Wheat Bread Mandarin Oranges Pumpkin Bar	<b>28</b> Taco Salad Tomato & Bean Salad Corn Whole Wheat Bread Light Yogurt	<b>29</b> Herbed Pork Loin Sweet Potato Spinach w/cheese Whole Wheat Bread Peaches Pudding	<b>30</b> Hamburger Wheat Bun Baked Bean Medley Asian Carrot Salad Warm Spiced Pears

**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**

### Do you remember when....

What memories do you have of your life? Wouldn't it be fun to write some stories of your life for your children and grandchildren. I know as we grow older, we wonder about things our parents experienced and didn't think to ask when we still could! Beth Bausman's daughter gave Beth and her husband, Marv the gift of giving. The gift is writing weekly stories to their children and grandchildren through [storyworth.com](http://storyworth.com). At the end of the year you can have a book printed for each of your children, then passed on to your grandchildren.

You don't have to have a book printed or use storyworth website, but start your own journal or just a few notes. Save the pages and photos in a folder to share. Beth and Marv have this to say about their experience so far: "You'll be amazed how the memories of your life will come back to you! It's such a fun trip back in time!"

It is also fun to write about where you were born, date, time, weight, length, etc. Where you have moved in your lifetime so you, your children, grand children, family and friends and talk about. Make it a coffee table item to keep out to remind you to write and share.

Beth has supplied some questions to get you started and we will add more questions to each newsletter.

- What are your first memories of your life?
- What was your mom like when you were a child?
- What was your dad like when you were a child?
- What do you remember about your grandparents?

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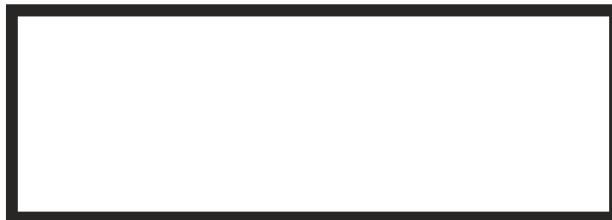
**IN-HOME CARE FOR SENIORS**

- 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](mailto:krausd@beloitwi.gov)  
Website: [www.beloitwi.gov](http://www.beloitwi.gov)



## Foot & Toenail Care

**Tuesday, April 20 and Tuesday, May 18**  
**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.

## Rock County Council on Aging Begins Work on Three Year Aging Plan

The Council on Aging is currently working on its three year aging services plan. They are seeking community engagement from Rock County seniors to help design the system that will best serve them over the next three years. To take part in the survey and ensure that your voice is heard. Please take a few minutes to complete it. Please complete survey by mid May. There will also be “listening sessions” via the ZOOM app. Check out Rock County Council on Aging Facebook page for the announcement of these events. This is another chance for you to be a part of the planning process. If you would prefer to fill out a paper survey, please call Grinnell Hall to pick up a survey. For more information call the Rock County Council on Aging at 608-757-5472.

To complete on line go to <https://www.surveymonkey.com/r/Y9XR8CT>. Please call Grinnell if you would like the link the emailed to you.