

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.



May 2020

Grinnell Hall
Senior Center
631 Bluff Street,
Beloit, WI 53511
608-364-2875

Hours
Monday-Friday
7:30am- 4:00pm

Debbie Kraus
Senior Center Manager
krausd@beloitwi.gov



Grinnell Hall remains closed until further notice.

We hope everyone is healthy as we go through this extraordinary challenging time in our lives. It is important that we continue to adhere to the Safer at Home and Social Distancing, for your protection and others.

But when we do open how will you know when we will open?

If you are a member you will receive a phone call from our "Voice Connect" program which is part of our "My Senior Center" software. The call will not be from Grinnell but rather from 508 area code / Massachusetts number and/or SPAM. You do not have to answer if you do not want to as a voicemail will be left.

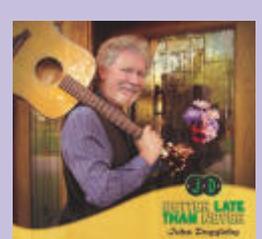
Grinnell Hall will have staff available

Monday-Friday 8:00am-2:00pm to answer any questions and assist in any way possible.

PLEASE NOTE WE ARE NOT TAKING ANY DONATIONS UNTIL FURTHER NOTICE.

Summer Sensations - Music, Food and Fun Save the Dates!

Wednesday, June 17 1:00-3:00pm Denny Diamond / Neil Diamond Impersonator
Friday, July 17 1:00-3:00pm Karen Wickman / Patsy Cline and Loretta Lynn and Patsy Cline Music
Monday, August 17 1:00-3:00 John Duggleby / Island Songs



Laughter the Best Medicine

Let's Get Physical

At the urging of Harry's wife and doctor, 60 year old Harry finally made it to the gym. After consulting with one of the trainers, Harry decided to try out a treadmill. "Ok", said the trainer, "I'm going to set it for ten minutes, if you want to go longer just press start again." At first Harry was doing fine but after 10 seconds he started getting tired, and after a minute he jumped off gasping for breath. Walking to the side to sit down next to his friend Harry said, "I could barely last a full minute on that treadmill." His buddy responded "Alright already, no reason to brag!"

Listen To Your Doctor

Morris, an 82 year-old man, went to the doctor to get a physical. A few days later the doctor saw Morris walking down the street with a gorgeous young woman on his arm. A couple of days later at his doctor's appointment the doctor said, "You're really doing great, aren't you?" Morris replied, "Just doing what you said, Doc: 'Get a hot mamma and be cheerful.'" The doctor said, "I didn't say that. I said, 'You've got a heart murmur. Be careful.'" ..ooh!



How to Play Golf

"What is your handicap these days?" one golfer asked another. "I'm a scratch golfer I write down all my good scores and scratch out all my bad ones."



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Memorial Day Monday, May 25, 2020

Remember those who have fallen and their loved ones

Memorial Day commemorates the men and women who **died** while in the military service of their country, particularly those who died in battle or as a result of wounds sustained in battle. In other words, the purpose of Memorial Day is to memorialize the veterans who made the **ultimate sacrifice** for their country. We spend time remembering those who lost their lives and could not come home, reflecting on their service and why we have the luxury and freedom that we enjoy today. We might consider how we can support and safeguard their grieving families and loved ones who are left behind.

Why is the Poppy a Symbol of Memorial Day?

In the war-torn battlefields of Europe, the common red field poppy (*Papaver rhoeas*) was one of the first plants to reappear. Its seeds scattered in the wind and sat dormant in the ground, only germinating when the ground was disturbed—as it was by the very brutal fighting of World War I.

John McCrae, a Canadian soldier and physician, witnessed the war first hand and was inspired to write the now-famous poem “In Flanders Fields” in 1915. (See below for the poem.) He saw the poppies scattered throughout the battlefield surrounding his artillery position in Belgium.

The Poppy Lady

In November 1918, days before the official end of the war, an American professor named Moina Michael wrote her own poem, “We Shall Keep the Faith,” which was inspired by McCrae’s “In Flanders Fields.” In her poem (also shown below), she mentioned wearing the “poppy red” to honor the deceased, and with that, the tradition of adorning one’s clothing with a single red poppy in remembrance of those killed in the Great War was born.

Moina herself came to be known—and honored—as “The Poppy Lady.”

The Symbol Spreads Abroad

The wearing of the poppy was traditionally done on Memorial Day in the United States, but the symbolism has evolved to encompass all veterans living and deceased, so poppies may be worn on [Veterans Day](#) as well. Not long after the custom began, it was adopted by other Allied nations, including Canada, Australia, New Zealand, and the United Kingdom, where it is still popular today. In these countries, the poppy is worn on Remembrance Day (November 11). Today, poppies are not only a symbol of loss of life, but also of recovery and new life, especially in support of the servicemen who survived the war but suffered from physical and psychological injuries long after it ended.

“In Flanders Fields”

by John McCrae, May 1915

*In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.*

*We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.*

*Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies
grow*



“We Shall Keep the Faith”

by Moina Michael, November 1918

*Oh! you who sleep in Flanders Fields,
Sleep sweet – to rise anew!
We caught the torch you threw
And holding high, we keep the Faith
With All who died.*

*We cherish, too, the poppy red
That grows on fields where valor led;
It seems to signal to the skies
That blood of heroes never dies,
But lends a lustre to the red
Of the flower that blooms above the dead
In Flanders Fields.*

*And now the Torch and Poppy Red
We wear in honor of our dead.
Fear not that ye have died for naught;
We’ll teach the lesson that ye wrought
In Flanders Fields.*

APRIL CROSSWORD ANSWERS

Solution:

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OOPS.....see update below.



Meinhardt Raabe was born in Watertown, Wisconsin, in 1915 and passed in Florida due to a heart attack in 2010. In 1934, he was a member of the Midget City cast at the Chicago World's Fair. The money from his appearances at the fair and other places was how he paid for his bachelor's in accounting and master's in business administration. His wife, Marie Hartline, worked for a vaudeville show called Rose's Royal Midget Troupe. After Oz, while the film always remained a large presence in his life, he was a pilot and an instructor in the Civil Air Patrol during World War II, worked as a spokesman for the Oscar Mayer hot dog company for 30 years, a horticulturist, and teacher as well as during later years toured fan conventions.

I had his birth and death dates as his marriage dates (1946-1977).....hmmm. Thank you Pearl for noticing.


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Thank you Mary Lou Shaw for creating the word search.

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 Sunday Breakfast 10:30-2

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Rock County Nutrition Grinnell Hall Senior Center

May

2020

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Meals require reservations which must be made by 11:00am of the prior business day.</p>		<p><i>While Dining Centers are Closed Due to COVID-19: Please arrive to pick up meals at 11:00 am.</i></p>		<p>1 Spaghetti with Meatballs Romaine Salad w/ dressing Peas Garlic Bread Pears in Jello</p>
<p>4 Stuffed Pepper Casserole Carrots Broccoli Whole Wheat Breadstick Vanilla Yogurt Strawberries</p>	<p>5 Sausage & Gravy Biscuit Red Potatoes Asparagus Tomato Juice Apple Cake</p>	<p>6 Italian Casserole Romaine Salad w/ dressing Peas & Carrots Wheat Roll Warm Applesauce</p>	<p>7 Grilled Chicken Breast Au Gratin Potatoes Seasoned Black Beans Whole Wheat Bread Mandarin Oranges</p>	<p>8 Chicken Marsala Peas Beets Whole Wheat Bread Pears Lemon Bar</p>
<p>11 Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Green Beans Wheat Bread Peaches Chocolate Chip Cookie</p>	<p>12 Tuna Pasta Salad Romaine w/dressing Pineapple/Orange Cottage Cheese Salad Dinner Roll Tomato Juice Watermelon</p>	<p>13 Barbecued Pulled Pork Whole Wheat Bun Corn Cauliflower Apples w/Graham Cracker Topping</p>	<p>14 Grilled Chicken Breast Au Gratin Potatoes Beets Whole Wheat Bread Pineapple Carrot Bar</p>	<p>15 Taco Casserole Refried Beans w/cheese Carrots Breadstick Cinnamon Applesauce</p>
<p>18 Swedish Meatballs Egg Noodles Green Beans Stewed Tomatoes Whole Wheat Bread Pears Sugar Cookie</p>	<p>19 Baked Salmon w/Dill Red Potatoes Asparagus Rye Bread Cottage Cheese Peaches Lemon Bar</p>	<p>20 Chicken Salad over Fresh Baby Spinach w/Salad Dressing Potato Salad Whole Wheat Breadstick Vanilla Yogurt Mandarin Oranges</p>	<p>21 Brat Patty Whole Wheat Bun Baked Beans Asian Carrot Salad Warm Chunky Applesauce</p>	<p>22 Roast Beef w/Gravy Mashed Potatoes California Blend Peanut Butter Whole Wheat Bread Banana Brownie</p>
<p>25 <i>Memorial Day</i> No Meals</p> 	<p>26 Chicken Cordon Bleu Casserole Broccoli Carrots Pears Oatmeal Raisin Cookie</p>	<p>27 Polish Sausage Bun Calico Beans Brussels Sprouts Mandarin Oranges Vanilla Pudding</p>	<p>28 Lemon Pepper Chicken Cooked Red Cabbage Scalloped Potatoes Whole Wheat Bread Applesauce</p>	<p>29 BBQ Rib Patty Whole Grain Bun Peas Cauliflower Peaches w/Graham Cracker Topping</p>

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

Stimulus Check Scams

Be alert to stimulus payment scams. According to [official sources](#), payments are expected to be issued automatically, with no action required from most people. No one will call, email or text you from the government about your check, and you should never pay any fees to receive your stimulus payment. Nor should you receive a message on how to find out the status of your stimulus payment. To get the latest updates on economic impact payments, check the official [irs.gov](https://www.irs.gov) website regularly.

The federal economic impact package includes sending every American a check to offset lost income from the coronavirus crisis. Scammers wasted no time in taking advantage of this news! Better Business Bureau (BBB) has reports on about government imposters calling about the checks. Watch out for these phony government grants that ask for personal and banking information.

How the Scam Works

You receive a message or see a social media post regarding the COVID-19 economic impact check. You click the link and are taken to what seems to be an official website asking you to enter your personal information and/or banking details. It's "necessary" to verify your identity and process your check.

As always, there are several versions of this con. BBB Scam Tracker has received reports of people contacted through text message, social media posts and messages, and phone calls. One variation is a Facebook post telling seniors about a special grant to help pay medical bills. The link leads to a website claiming to be a government agency called the "U.S. Emergency Grants Federation" (phony, of course). The site requests your Social Security number under the guise of needing to verify your eligibility. In other versions, scammers claim that you can get additional money – up to \$150K in one case – or even receive your funds immediately. All you need to do is share personal details and pay a small "processing fee."

No matter what the message, don't click! In addition to taking your money, these sites also can download malware to your device and use your information for identity theft.

Tips to Spot a COVID-19 Grant Scam:

***Remember, government agencies do not communicate through social media avenues** like Facebook.

So, be wary of unsolicited messages.

***Do not pay any money for a "free" government grant.** If you have to pay money to claim a "free" government grant, it is not really free. A real government agency will not ask you to pay an advanced processing fee. The only official list of all U.S. federal grant-making agencies is [Grants.gov](https://www.grants.gov).

***Check for look-alikes.** Be sure to do your research and see if a government agency or organization actually exists. Find contact info on your own and call them to be sure the person you've heard from is legitimate.

***Don't assume an offer in a social media message is from a real friend.**

It's easier for scammers to impersonate real people on social media. Call your friend to verify they contacted you (and share this Scam Alert with them if they are spreading false information).

***Do your homework.** Even if a call or message seems to come from an official source, research it before handing over sensitive information, such as your name, address, or banking information. Scammers often try to earn consumers' trust by impersonating reputable, official institutions.

***Don't accept calls from strangers.** Con artists may call your home claiming to work for the government or healthcare system. Remember, neither the government, nor any healthcare-related agencies make unsolicited calls to individuals.

***Avoid any "miracle" cures. Watch out for employment and unemployment scams.**

***Research before you donate.** If you feel compelled to support a coronavirus related cause with a financial donation, make sure the charity is legitimate. Check [Give.org](https://www.give.org) to verify the trustworthiness of the soliciting charity.

For More Information Better Business Bureau Serving Wisconsin
(414) 847-6056 bbb.org/wisconsin

IF IT IS TOO GOOD TO BE TRUE, THEN IT PROBABLY IS

**Stand Up & Move More
Wednesdays 1:00pm July 1-29**

Refresher class: Wednesday, August 26 1:00pm
Post assessment: Wednesday, September 23 1:00pm (please allow 2.5 hours)

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 and providing feedback. The purpose of this program is to examine whether a "Stand Up and Move More" workshop reduces prolonged sitting time in adults. 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.

**Please call Rock County Council on Aging 608-757-5309 for additional questions and to register.
Please register by June 12. Please note there is limited enrollment.
Receive up to a \$60 gift card incentive to complete the program and assessment.
Classes will be held at Grinnell Hall. Please note due to COVID 19 schedule may change.**

ADDITIONAL RESOURCES

Go to <https://www.beloitrecreation.com/news-3/> for the following resources
*2020 Resource Guide (home delivered meals, food pantries, farmers market vouchers, etc.)
*2020 Grocery Store Resource Guide *COVID 19 Pantry Delivery

Rock County Council on Aging – (608) 757-5472
Website: www.co.rock.wi.us/aging Facebook: rockcountycOA

Rock County Aging and Disability Resource Center (ADRC) – (608) 741-3600
Website: www.co.rock.wi.us/adrc Facebook: ADRCrock

A Message from RSVP (Retired Senior Volunteer Program)

Like many other organizations in Rock County, the RSVP office has been closed since March 25th. The Board of Directors and staff at RSVP wants you to know the health and safety of our volunteers is our top priority, so our office will remain closed while the "Safer-at-Home" order issued by Governor Evers is in effect. In the meantime, if you need to communicate with any of our staff, please call our office at (609) 362-9593 and leave a message on our phone system. We check messages frequently, and will return your call as quickly as possible.

While all of our volunteer stations are closed, there are still ways to be involved in volunteerism from home. Practicing good "social-distancing" can reduce the chance of becoming ill, but many seniors can feel isolated when unable to engage in normal activities. One way to keep in touch with other seniors is through RSVP's Phone Assurance program. If you are interested in receiving a friendly call on a regular basis, or you want to volunteer to make calls to other seniors, all you need to do is let us know! Call our office at (608) 362-9593 and leave a voice message.

Finally, the RSVP Board recently made the decision to postpone our annual volunteer recognition dinner at the Glen Erin Golf Course scheduled for Thursday June 18th. Given the guidelines for re-opening activities in the community, large gatherings may still be barred in June. With all of the advance planning required to hold the dinner, the Board decided it is best to move the event back to August. We are in the process of confirming our planned venue is available and we will share more information soon.

Will Anderson, RSVP Director

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

Rick Lindy & The Wild Ones
Starved Rock State Park, Utica, Illinois
Wednesday, July 29



An international touring band performing original rock as well as classic “Retro Rock” of the 1950s, '60s, and '70s. Enjoy a musical time machine that will take you back to the days when Rock and Roll was young and the radio waves were transmitting classic American Rock and Roll. Relive the sounds of Elvis, Johnny Cash, Jerry Lee Lewis, The Beatles, Buddy Holly, Patsy Cline, Hank Williams, Marty Robbins and other legendary performers. Price includes buffet lunch, taxes, tip, performance and round trip on Van Galder coach bus.

This is a Level 1 trip with minimum walking.

Grinnell Members \$67.00 Non-members \$77.00

Board bus at Telfer Park at 8:45am, depart at 9:00am. Return to Telfer Park 5:00-5:30pm

No refunds after June 30. Registration deadline is July 10 unless space is available.

Brewers/Cubs Game
Miller Park
Sunday, August 9th 1:10pm game



Take me out to the ball game... Join us and cheer on your favorite team in this battle of the National League Central Division. This trip involves a large amount of walking and is not recommended for someone who has difficulty with mobility. Food and beverages are allowed into the stadium, but all drinks (non-alcoholic) must be in plastic bottles. No glass allowed and softside coolers only. Price includes ticket and round trip on Van Galder. Seats are located in the Terrace Box.

This is a level 2 trip. Please indicate on your registration form if you will need special assistance, such as a wheelchair at Miller Park.

Grinnell Members \$67.00 Non-Members \$77.00

Board bus at Telfer Park at 9:45am and depart at 10:00am. Return to Telfer Park 6:00-6:30pm

No refunds after June 15. Registration deadline is June 26 unless space is available.

Boat Cruise and Black and Point Mansion Tour	Wednesday, Aug 19	Lake Geneva	\$88/\$98
Forever Plaid	Wednesday, Sept 16	Drury Lane	\$92/\$102
Dial M for Murder	Thursday, Oct. 1	Palace Theater	\$79/\$89
Heros of Rock	Wednesday, Oct. 21	White Pines State Park	\$58/\$68
The Four Cs Notes Christmas Show	Friday, December 4	Palace Theater	\$78/\$88

Federal and State Tax Filing Deadline Extended to July 15, 2020.



We are hoping to work with AARP volunteer tax consultants after we re-open. We do not know if the volunteers are able to provide this service but we will keep you up-to-date. We have the contact list of those who wish to make an appointment and will call if this is able to be done.

Do not call to make an appointment.

Masks Available

Beth Bausman and Sandy Buske have made masks of 100% cotton as suggested by the CDC. If you would like one please call Grinnell to see what we have available and we will set up a date and time for pick up.

Thank you Beth and Sandy. Stay safe, stay healthy.



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John Casey Kalkirtz

Beloit Public Library curbside pick-up services to begin May 4.

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<https://beloitlibrary.org/>



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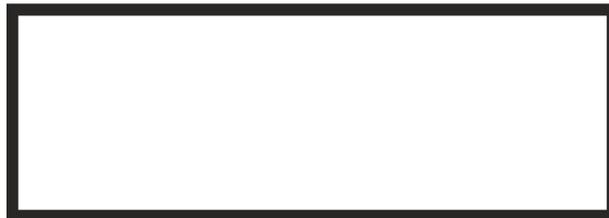
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The Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

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



Happy Mother's Day Sunday, May 10, 2020



History of Mother's Day

The origin of Mother's Day is attributed to two women, Julia Ward Howe and Anna Jarvis, who are believed to have established the idea of Mother's Day in the USA. In 1870, Julia advocated for an annual celebration of Mother's Day as a way to encourage pacifism and disarmament amongst women. For the next ten years, the holiday was held in Boston under Julia's sponsorship. The trend however died soon after. Julia is therefore notable for coming up with the idea of an official celebration of Mother's Day.

Anna Jarvis, also known as the mother of Mother's Day, held a private Mother's Day in 1907 as a memorial to her late mother. Anna launched a campaign for Mother's Day to be widely recognized, a quest that was financially supported by a clothing merchant from Philadelphia by the name John Wanamaker.

In 1908, Anna Jarvis organized and gave a sermon at the Andrew's Methodist Episcopal Church in Grafton, West Virginia. More than 400 kids and their mothers attended this service. Today, the church is a National Historic Landmark and has become the International Mother's Day Shrine.

In the years that followed, Anna's compassion for motherhood was evident as she campaigned for the recognition of Mother's Day, a national holiday in the US.

On May 8th, 1914, her efforts bore fruit after President Woodrow Wilson signed a joint resolution that designated Mother's Day USA to be celebrated on the second Sunday in May.

As a child do you have a favorite Mother's Day memory?

In the Kraus family we would attend church, dressed to the hilt and enjoy lunch at a restaurant and ordered a little extra to go so Mom would not need to cook or clean. My younger sister and I would sometimes put a short play together

As a mother or mother figure, do you have a favorite memory?

Although I am not a "Mom" I do have 21 nieces and nephews who I have hugged during rough moments and provided an open ear to listen and heart to console.