

May 2021

CASI Connections



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A Hidden Treasure with Extraordinary Value: Jane's Place Adult Day Services

Jane's Place helps to maintain wellness and preserve independence through structured social activities, as well as provide family caregivers a break from care giving.

Jane's Place has REOPENED and we've expanded our services to better serve the growing needs of the community!

- Jane's Place is now open 7 am - 5 pm, Monday- Friday.
- We accept Iowa Medicaid Brain Injury (BI) Waiver, Intellectual Disability (ID) Waiver, HIV Waiver, Health and Disability Waiver and Elderly Wavier, in addition to Veteran's Administration benefits, Long-Term Care Insurance and Private Pay.
- Jane's Place has added additional hands-on recreational activities to indulge the human senses and increase social activity.



What happens when we are faced with a life-altering diagnosis that challenges our independence? Each year thousands of people are diagnosed with brain injuries, intellectual disabilities, Alzheimer's or other forms of dementia, Parkinson's and other diseases that can limit one's independence. What was once easy, is now difficult and assistance may be required. When a person's independence is challenged it can create anxiety, depression, anger, isolation and the loss of self-purpose. When this occurs, overall well-being and remaining independence can start declining. Often, a family member will become a caregiver to their loved one to help them complete everyday tasks. At some point, challenges arise for the family caregiver, too. They may question if their loved one can remain unsupervised while they run errands or work, or if their loved one is getting the socialization and physical activities they need at home to help preserve their remaining independence. One of the largest challenges family caregivers face is caregiver burn-out. They often commit all their time and energy to their loved one and don't take time to focus on their own well-being.

Is there a solution to help through these challenges? After consulting with a physician for medical direction, socialization is the next step. Adult Day Services offers a great opportunity for socialization and physical activity, as well as daytime respite care for family caregivers to take a break from care giving.

At Jane's Place Adult Day Services, we offer a safe, home-like atmosphere with a structured day of social and recreational group activities and delicious meals to stimulate the mind and body to help maintain independence and enhance quality of life. Every client has an individualized care plan to identify care needs and goals. Our compassionate, trained staff regularly review these plans to ensure each need and goal is being met to help improve challenges and well-being.

To learn more, contact Jane's Place at 563.265.2001 and speak with Crystal Hughes, Program Administrator.

Celebrating 30 Years at CASI

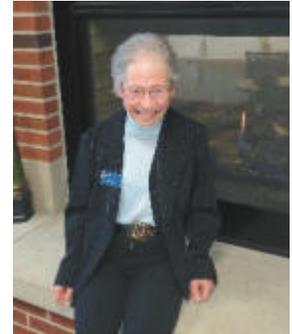
CASI Senior Advocate Reaches A Career Milestone

Kathy Malmloff – Director of Senior Service

When you look at a lifetime, the years come and go quicker than we ever imagined. A lot happens while we are here on Earth and if you are lucky enough, you will share some of these experiences with your co-workers, or my work family as I like to call them. The CASI work-family is an extraordinary group of people. We are small but mighty and we are so lucky to have an individual I like to call our "Senior Senior Advocate," Vicky Ertel.

Vicky began working at CASI on May 1, 1991. She has a master's degree in Social Work from the University of Iowa, and has dedicated 50 years to making a positive impact on the lives of others. She has worked with just about every age group but found her way to CASI and has not looked back.

During her 30 years here, she has managed to come into work every day with a smile and positive attitude even when she knows her day will be filled with some of the toughest cases in social work. "Just because you are a senior doesn't mean your problems go away," Vicky has been known to say. "In fact, for many their problems are just getting started and it's my job to help them see the bright side of the situation and find ways to help them get through the issues." It is this spirit that has given her the title of Angel of Hope by many of her clients and it is one that we all feel suits her well.



Vicky Ertel, MSW

Congratulations Vicky on your 30th Anniversary here at CASI!



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Be a Fan to Seniors Program



CASI Helps Area Older Adults Cool Off This Summer

Kathy Malmloff – Director of Senior Service

Heat advisories and heat warnings are common terms we hear in the forecast as Summer settles in. It's a time of year that many look forward to but it can be an extremely dangerous time of year for older adults. According to the Centers for Disease Control and Prevention (CDC) annually there are an average of 675 deaths from extreme heat events that occur each year in the United States. Among those who are most vulnerable are the elderly and people with a chronic medical condition.

In an effort to help Quad Cities area seniors stay cool this summer, the Center for Active Seniors, Inc. (CASI) is holding its Annual Be A Fan To Seniors - Summer Heat Relief Program and we need your help.

Annually this program donates more than 200 fans to older adults who are in need, but it cannot be done without community support. Consider making a monetary donation to CASI through the organizations website, CASIseniors.org, or mailing your donation to CASI at 1035 W. Kimberly Rd., Davenport, IA 52806.

Individuals 60 years of age and older who need temporary heat relief can call CASI at 563.386.7477 and leave a message. A member of the Senior Advocacy team will be in contact with them as soon as possible. Due to the increased demand, CASI will only distribute one fan per senior household, and you may be put on a wait list until a fan becomes available.

CASI's Senior Advocacy Department encourages friends, family, and neighbors to check on older adults more frequently during extreme days of heat. Signs of heat related problems can include:

- cramping in legs or abdomen,
- heavy sweating,
- nausea,
- headaches,
- dizziness, or
- confusion.

You should seek medical attention if any of these signs occur. If the person is vomiting, refusing water or loses consciousness call 9-1-1 immediately.

To learn more about this program, call CASI, at 563.386.7477, and ask to speak to a Senior Advocate.



Special Dates to Remember

Save the Dates for your opportunities to support CASI and have some fun in the process!

Rock the Lot

Saturday, July 17, 2021

In the spacious CASI parking lot

The Rescheduled

39th St. Patrick's Day 5k Race

Sponsored by Vibrant Credit Union

Saturday, August 28, 2021

In downtown Davenport

13th Annual Hat Bash: A Party with a Purpose

Sponsored by VanDerGinst Law

Thursday, November 18, 2021

In the beautiful CASI Center



Sunday, May 9

Stop by on May 10 for a special treat for Moms



Monday, May 31

CASI is closed in observance of Memorial Day

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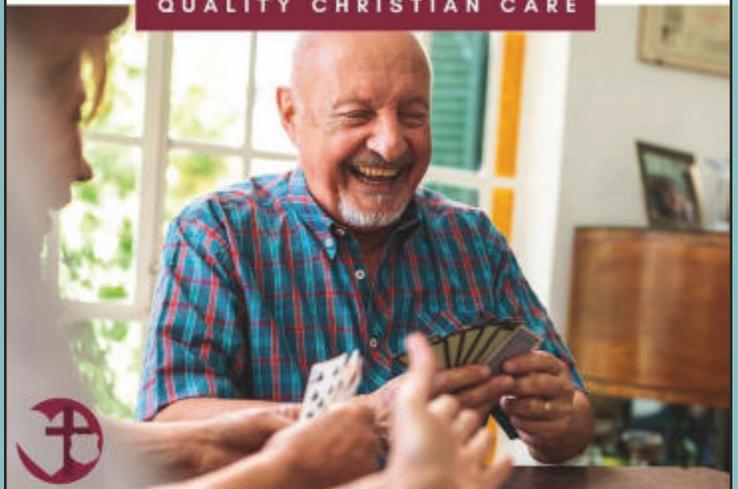
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SAT: 9 A.M. - 1 P.M.
SUNDAY: CLOSED

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May Activities – Phase One

Day of Week	Activity	Time	Class Information	Cost
Monday	CASI Walking Club	8:00 am - 9:00 am	Advanced Registration - class size limited to 15 people - class will move back to VanderVeer Park with no participation cap when the weather is consistently above 40°	Free
	Low Impact Exercise	9:00 am - 10:00 am	Advanced Registration - class size limited to 25 people	\$2/class
	Ugly Quilts	9:00 am - Noon	Advanced Registration - group size limited to 8 people	Free
	Zumba Toning	11:00 am - Noon	Advanced Registration - class size limited to 25 people	\$3/class
	Shuffleboard	1:00 pm - 3:00 pm	Advanced Registration - activity limited to 16 people (4/shuffleboard lane)	\$2/class
Tuesday	Spiritual Devotions	9:00 am - 10:00 am	Advanced Registration - group size limited to 6 people in room	\$2/session
	Crocheting & Knitting	12:30 pm - 2:30 pm	Advanced Registration - group size limited to 8 people in the art room or 25 people in Celebration Hall	Free
	Low Impact Exercise	1:00 pm - 2:00 pm	Advanced Registration - class size limited to 25 people	\$2/class
Wednesday	CASI Walking Club	8:00 am - 9:00 am	Advanced Registration - class size limited to 15 people - class will move back to VanderVeer Park with no participation cap when the weather is consistently above 40°	Free
	Low Impact Exercise	9:00 am - 10:00 am	Advanced Registration - class size limited to 25 people	\$2/class
	Advisory Counsel	9:00 am - 10:00 am	Group meets the 1st Wednesday of the month. Advanced Registration - group size is limited to 12 people	Free
	T'ai Chi	10:30am - 11:30am	6 week session, starts May 5. Advanced registration is required. Class size limited to 25 people.	\$24/session

Day of Week	Activity	Time	Class Information	Cost
Wednesday <i>continued</i>	Zumba Gold	Noon - 1:00 pm	Advanced Registration - class size limited to 25 people	\$3/class
	TOPS	11:30 am - 1:00 pm	Class size is limited to 25 people	\$1/session + TOPS Nat'l Dues
	Grief Support Group	9:30 am -11:00 am	2nd and 4th Wednesday of the month	Food and beverage may be purchased individually at restaurant.
Thursday	Zumba Gold	9:00 am - 10:00 am	Advanced Registration - class size limited to 25 people	\$3/class
	Low Impact Exercise	11:00 am - Noon	Advanced Registration - class size limited to 25 people	\$2/class
	CASI Bob Gaston New Horizons Band Practice	12:30 pm - 2:30 pm	Band will practice outside in the South parking lot. In case of inclement weather, practice will be moved to an expanded area of Celebration Hall.	\$2/practice session
Friday	CASI Walking Club	8:00 am - 9:00 am	Advanced Registration - class size limited to 15 people - class will move back to VanderVeer Park with no participation cap when the weather is consistently above 40°	Free
	Low Impact Exercise	9:00 am - 10:00 am	Advanced Registration - class size limited to 25 people	\$2/class
	Zumba Gold	10:30am - 11:30 am	Advanced Registration - class size limited to 25 people	\$3/class
	Second Avenue Players: Senior Theater	10:30 am -11:30 am	Group size is limited to 10 people in room	\$2/meeting
	Book Club	10:00 am - Noon	1st Friday of month - Limited to 8 people in room	\$2/meeting
Monday - Friday	Billiards		8:00 am - 12:30 pm - Member Use 1:00 pm - 2:00 pm - Jane's Place Use	\$1/day

2021 Farmer's Market Vouchers Coming Soon

Summer is on its way and that means lots of yummy, locally grown produce will soon be available at the farmer's markets. It's the time of year that many older adults enjoy and Milestones Area Agency on Aging will be offering 2021 Farmer's Market Vouchers to older adults who qualify for the Senior Farmer's Market Nutrition Program (SFMNP).



SFMNP is a Congressionally-authorized program administered by the Department of Agriculture and Land Stewardship in cooperation with the Iowa Department of Elder Affairs and the Area Agencies on Aging. It provides qualified older adults with vouchers for fresh, nutritious, unprepared, locally grown fruits, vegetables and herbs from farmer's markets and farm stands. Seniors must meet the following age and income requirements to receive SFMNP benefits.

- Be 60 years of age or older at the time of their application
- Live in the Milestones Area Agency on Aging service area
- Have a yearly income of less than \$23,607 (for a single person)
- Have a yearly income of less than \$31,895 (for a married couple)



Milestones will begin mailing out the voucher applications starting in May. According to the agency, if you were enrolled in last year's program, you will automatically receive an application via mail. If you are applying for the first time, please call Milestones at 855.410.6222 to receive an application. Applications will also be available on the Milestones website by mid-May. The vouchers themselves will be mailed out in June.



Tuesday, June 1, 2021
6:00 pm – 8:00 pm

This FREE seminar is offered by the State of Iowa's Senior Health Insurance Information Program (SHIIP) and CASI - the Center for Active Seniors.

Welcome to Medicare will cover:

- Medicare Parts A & B benefits
- Prescription Drug Benefits Part D
- Medicare Advantage Plans
- Medicare Supplement Insurance

Registration is required by May 21

Call 563.386.7477 or stop by the CASI Front Desk

SHIIP is a service of the State of Iowa. It does not sell or promote any insurance companies, policies or agents.



CASI
Center for Active Seniors, Inc.

Fiesta Lunch
Wednesday, May 5
Eleanor's Café
11:00 a.m. — 1:00 p.m.

Food orders must be placed by Monday, May 3

By calling CASI at 563-386-7477 Ext. 248

Sit down seating will be available in Celebration Hall or meals can be made to-go

MENU

- Beef Tacos Meal - \$6.50
Includes 3 tacos, refried beans & rice
- Chicken Enchilada Meal - \$6.50
Includes 2 enchiladas, refried beans & rice
- Loaded Nachos - \$4
- Chips & Cheese/Salsa - \$2
- Margaritas - \$4

Please Eat & Drink Responsibly

*Alcoholic beverages will NOT be available to-go.
Non-Alcoholic beverages are also available in the Café.*

It's Birdies Time!

Now through June 21, we again have the unique opportunity to support CASI's mission of service for older adults in the Quad Cities through Birdies for Charity.

A one-time gift or pledge through the Birdies program has again been promised a 5% match! Every dollar contributed to community charities by the June 21 deadline will earn a 5% bonus. Your gifts and the generous matching dollars from Birdies are very important to our work at CASI. We thank you for considering this unique Quad Cities opportunity! CASI's Birdies number is **#1134**.

Through a generous donation from Palmer Hills Golf Course and Jane and Ron VenHorst, everyone who pledges or gives to CASI through the Birdies program will be entered into a drawing for golf for two with a cart at Palmer Hills. The drawing will be held after the closing date for the tournament. Make your donation now!



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Philanthropy Powers CASI's Mission

We appreciate every supporter of CASI who has invested their generous gifts of time, talent and treasure to ensure that CASI's support for Quad Cities older adults can continue. Your gifts sustain us, give us hope for a bright future, encourage us and support our mission. We especially want to thank those who have provided important support as Friends of CASI. These unrestricted gifts show that you believe in CASI's mission and support our efforts in our community. We could not be more grateful.



Opportunities to support CASI with your sustaining gifts include:

- Send a donation by mail to CASI at 1035 W. Kimberly Road, Davenport IA 52806.
- Stop by CASI and drop off your gift at the front desk and receive a personal thank you!
- Give online through the CASI website at CASIseniors.org.

Thank you for your consideration.

Questions? Contact Sue Rector at srector@CASIseniors.org. or call 563.386.7477 ext. 229.

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Seeing is Believing!

We Have a Special Offer for You Free Membership at CASI through June 2022

Why, you may ask, are we offering free membership to all? Simply put, at CASI, we often call ourselves, "the best kept secret in the Quad Cities" and we invite you to check-out all that we have to offer. While CASI has been proudly providing services to area seniors for almost 50 years, a majority of Quad Citizens have no idea what exactly we do. What they DO know is they aren't old enough to go to a Senior Center. And to that we always say, "You gotta see it to believe it!"

Since 1973, CASI has been providing home and community based services to Quad Cities adults over the age of 55 with the sole intent of helping them age well independently with dignity and grace. For some this means making connections after a divorce or a death. For others it means staying fit and active after retirement. And for still others it means seeking reliable information and supportive services in a time of need. No matter what the reason, CASI is at the center of aging in our Quad Cities.



You really do need to see it to believe it. We believe so strongly that once you do see it you will love it as much as we do, CASI is offering **free membership today through June 2022**. That's right. We are so confident you will love all that we have to offer at the center, that we are waiving our annual membership fee!

Do you want to meet new friends? We offer close to 8,000 activities annually that are geared towards socialization, health and wellness, and supportive services.

Do you want to work out and stay healthy? Our Fit for Life Fitness Center is open every day offering a wide range of equipment options.

Are you looking for something good to eat? Eleanor's Café offers good food and good company at reasonable prices, and is open daily from 8:30 am to 1:00 pm for breakfast, lunch and great coffee.

Are you looking to tap into your inner artist? We offer art and craft classes which include VINO VanGogh, Bob Ross painting classes, knitting, crocheting, and our beloved Ugly Quilt club.

Do you need information about Medicare? We are a state approved SHIIP (Senior Health Insurance Information Program) site.

Do you need help caring for a loved one with Alzheimer's disease and other dementias?

Jane's Place Adult Day Services (ADS) is Eastern Iowa's only licensed ADS program for individuals diagnosed with Alzheimer's disease and other dementias.

CASI really does have something for everyone. Come see us so you can **"See it and believe it."** CASI is located at 1035 W. Kimberly Road, Davenport, IA 52806. For information call 563.386.7477 or email info@CASIseniors.org.

