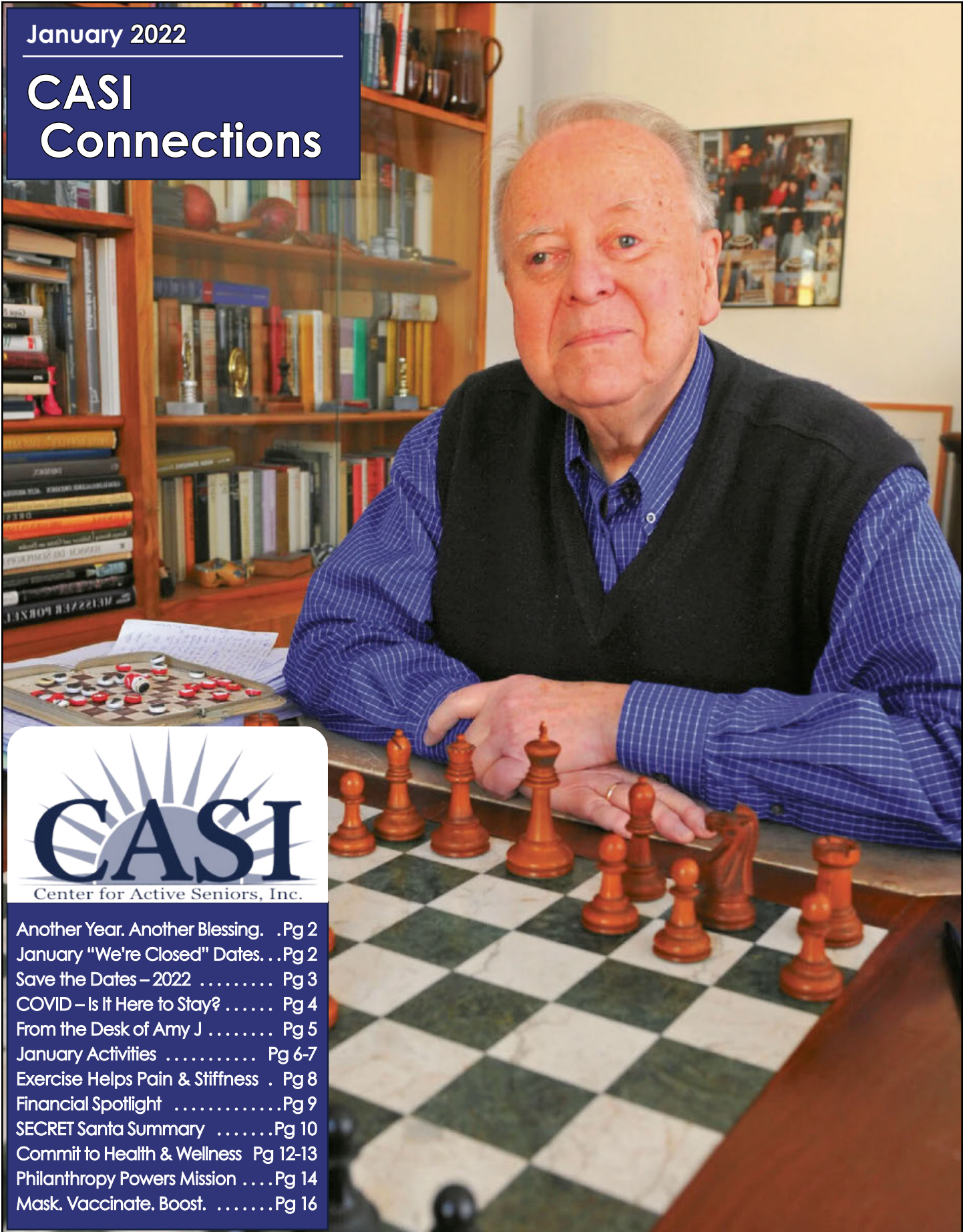


January 2022

CASI Connections



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Another year. Another Blessing.

“New year. New you.” Don’t you hate that saying? I do. What’s wrong with the “old” me? Did I fail in some way? Was I broken and needed to be replaced? I think not. This year, I prefer “Another year. Another blessing.”

The past 18 months have offered each of us at CASI the opportunity to hone our skill in counting our blessings. As you are aware, we closed our CASI facility due to COVID out of care and concern for Quad Cities seniors. We are acutely aware how blessed we are to be ready to go for another year. 2022 will be another year serving and supporting area seniors as they continue to navigate a global pandemic that served as the world’s worst senior health crisis in modern times.

2021 brought blessings to us in many different sizes this year. Our reopening being the largest gift we received, of course, but there were many, many smaller but mightier mission related gifts. Our funders stood shoulder to shoulder with us as we reallocated funding from all programs to our Senior Advocacy program which served as the community’s senior emergency response to COVID. The CASI team, although the organization was closed, helped close to 4,000 area seniors access the life saving COVID vaccine. Our Senior Advocates developed a small home delivered meal program to serve seniors isolated in their homes during the early days of the pandemic and following the devastating derecho that left many seniors stranded in multi-level buildings with no electricity and no elevators.

Our team helped thousands of seniors navigate a literal virtual reality, ensuring they could access virtual doctor’s appointments, order prescriptions online and secure nutritious food through online shopping. For many of our seniors, these were skills they had never needed before.

Having reopened in March 2021, our blessings have continued to be abundant. We have welcomed back our staff, members and guests, and we have provided critical supports and services to seniors who have seen the worst of this pandemic. And our future is bright. Below is a short list of the exciting things coming for CASI this year:

- **Free membership** through June 2022
- **CASI Couch to 5k** training program – January 11 - March 11 (includes free registration to the 2022 race)
- **40th Anniversary CASI St. Patrick’s Day Race** – March 12, 2022
- **Inaugural CASI Swinging Fore Seniors Golf Outing** – May 13, 2022
- **Rock the Lot** – July 16, 2022 and
- **14th Annual Holiday Hat Bash: A Party with a Purpose** – November 17, 2022

And there’s so much more! We have several new team members who have brought new perspective, new ideas and new activities to the center, like our Drums Alive! class and our new Chair Yoga class. But don’t take my word for it. Stop by! Drop in any day, Monday through Friday between 8:30 am and 4:00 pm, and see what a blessing CASI could be for you!



President / CEO
Center for Active Seniors, Inc.

CASI Will Be Closed These January Dates

Monday, January 3, 2022

To Celebrate the New Year

Monday, January 17, 2022

In Observance of Martin Luther King Jr. Day

SAVE THE DATES - 2022

CASI's 40th Annual
St. Patrick's Day Race
 Saturday, March 12, 2022

Swinging Fore Seniors
 CASI's 1st Annual Golf Event
 Friday, May 13, 2022

Rock the Lot
 CASI's Music and Dancing in the Lot
 Saturday, July 16, 2022

14TH ANNUAL
HOLIDAY HAT BASH
 THURSDAY, NOVEMBER 17, 2022



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Luther Towers: Great cul-de-sac location!

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Spring Village: Quiet location in a park-like setting!

3320 Spring St., 359-6505

Edgewater on 3rd: Great River View!

401 W. 3rd, 324-2011

In Bettendorf

Luther Heights: Lovely decor!

3116 Devils Glen Rd., 332-9250

Luther Manor: Property by city bus line!

3118 Devils Glen Rd., 332-9250

Luther Knoll: Next to grocery store!

3264 Palmer Hills Ct., 449-8318

Spruce Hills Vilg.: Quiet neighborhood near clinics!

2380 Tech Dr., 332-7700

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COVID-19 — Is It Here To Stay?

COVID – it’s the five-letter word that everyone is tired of hearing, yet it continues to be top of mind, as the number of positive cases in the Quad Cities is on the rise once again.

According to area health department officials, COVID-19 cases remain high with hospitalizations reaching record numbers for both COVID and non-COVID illnesses. Quad Cities area health care providers are strongly encouraging all residents to do everything they can to stay healthy and out of the hospital.

Here are some tips on how to do just that:

- 3 COVID-19 vaccines – if you haven’t been vaccinated, please do! If you’re at least 6 months past your 2nd dose of Moderna/Pfizer or 1st dose of J&J, please get a booster now. We expect fewer breakthrough infections of individuals who have been boosted.
- Masks – facemasks have been found to be highly effective in preventing spread of the virus. Vaccinated? Mask up. Unvaccinated? Mask up. It’s winter so you wear your coat. It’s a pandemic so wear your mask.
- Testing – COVID-19 tests are available at many locations in our community (healthcare providers, pharmacies, over the counter). Test if you think it’s just a cold. Test if you think it’s just allergies. Test early – don’t wait. The Center for Active Seniors, Inc. (CASI) has take-home COVID-19 testing kits available at the front desk.
- Treatments – Monoclonal antibodies and other treatments are available and can help reduce the chances of severe illness. The sooner you know it’s COVID, the sooner these treatments may be available to you.
- Distancing – If you have COVID and live with others, isolate to prevent spreading to others in your household. If you’ve been exposed to someone who is positive, be prepared to quarantine if you’re unvaccinated. This will prevent you from spreading it to others.



Here at CASI we continue to monitor the community’s positivity rate and are requiring everyone who comes into the facility to wear a mask and maintain a 6-foot social distance as much as possible. We also ask that you stay at home if you’re running a fever, have a severe cough, or don’t feel well. “Our goal here at CASI is to provide a safe and healthy environment, where seniors can socialize and find support,” says Laura Kopp, CASI CEO. “We will do everything in our power to make sure COVID doesn’t prevent us from sharing our mission.”

CASI Town Hall Meeting

**Tuesday, January 18, 2022
10:00 - 11:00 am**

Join CASI CEO Laura Kopp for her quarterly update on the organization, the ongoing impact of COVID-19, and what the future holds.

All are welcome!



Laura Kopp
President / CEO

From the Desk of Amy J...



Amy Johnson
Director of Operations

We are welcoming in a new year. It is traditionally a time to make resolutions that a lot of us tend not to keep. Many of those resolutions are about improving our health and wellness. CASI is offering several new programs that might help you keep those resolutions and assist you in making some life changes to stay healthy and fit beyond January. We have such a great facility in which to socialize and exercise. In the Fit for Life Center, participate in classes or activities, or join one of our groups where you have some interest. We are all on our own journey through life, but CASI is a place we can gather to be the best we can be.

Our membership is free through June 2022. I encourage you to come in and check us out. There is something for everyone!

Amy

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M-F: 8 A.M. - 6 P.M.
SAT: 9 A.M. - 1 P.M.
SUNDAY: CLOSED

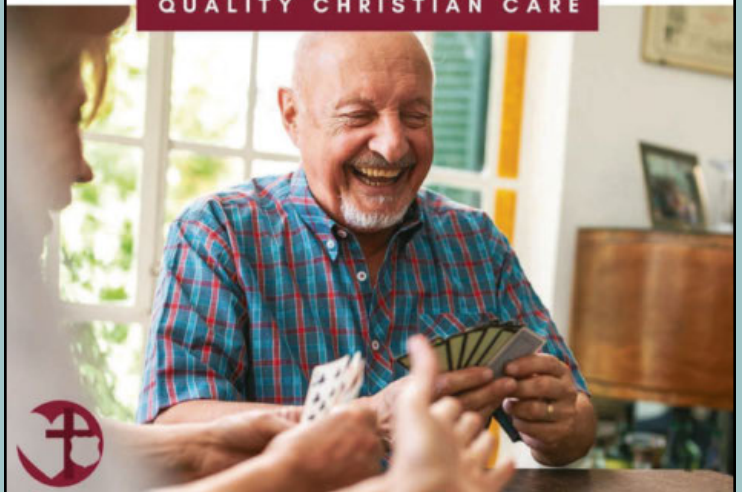
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January Activities

– January Book Club –

The Vanishing Half

by Brit Bennett

Friday, January 7 – 10:00 am - Noon

\$2/meeting



The Vanishing Half considers the lasting influence of the past as it shapes a person's decisions, desires, and expectations.

February book: *Wish You Well* by David Baldacci

Winter Tree Diamond Painting Class

Tuesday, January 11

9:00 - 11:00 am

Cost is \$15/person

includes all materials



Join CASI's own Amy Warren as she leads you through a diamond painting of a winter tree! What is diamond painting? It is a form of mosaic art using a pre-glued canvas and rhinestones of various shapes and colors. Class size limited to 10 people.

CASI Country Dance

Friday, January 21

7:00 - 10:30 pm

\$7/person at the door

Bring your favorite someone
and come on down
for some good old country fun!

with DJ
Don Coker



We'd love to celebrate your birthday!

If you have a January birthday, join us

Tuesday, January 18 at 1:00 pm

for cake, ice cream and FUN.

Reservations Required by January 13

– January Movie Matinee –

Dream Horse

Tuesday, January 25 – 1:00 - 3:00 pm

\$2/movie



An inspiring true story of Dream Alliance, an unlikely race horse bred by small town bartender, Jan Vokes. With very little money and no experience, Jan convinces her neighbors to chip in their meager earnings to help raise Dream and compete with the racing elites.

Shaker Cards

Tuesday, February 1

9:00 am -11:00 am

\$12 /class

includes all materials

Join this beginner craft class to learn how to make shaker cards. The instructor will show you how to make holiday cards for many different occasions to give a personalized touch to your friends and family! You will make six cards to take with you.



January Daily Activities

Fitness

CASI Walking Club	Mon, Wed, Fri	8:00 am - 9:00 am	Free
CASI Walking Club	Tues & Thurs	4:00 pm - 5:00 pm	Free
Chair Yoga	Tues	2:00 pm - 2:30 pm	\$3/class
Line Dancing	Tues	10:15 am - 11:15 am	\$2/class
Low Impact Exercise	Mon, Wed, Fri	9:00 am - 10:00 am	\$2/class
Low Impact Exercise	Tues & Thurs	11:00 am - 12:00 pm	\$2/class
Step into Balance: Balance & Strength	Tues	1:00 pm - 1:30 pm	\$3/class
T'ai Chi Ch'un	Wed	10:15 am - 11:15 am	\$24/six-week class begins January 12
Zumba Gold	Thurs	9:00 am - 10:00 am	\$3/class
Zumba Gold	Fri	10:15 am - 11:15 am	\$3/class
Zumba Toning	Mon	10:15 am - 11:15 am	\$3/class

Cards & Games

Billiards	Mon-Fri	8:300 am - 4:00 pm	\$1/day
Bridge	Mon & Fri	11:30 am - 4:00 pm	\$2/session
Bunco	Wed	2:00 pm - 4:00 pm	\$2/session
Canasta	Tues	1:00 pm - 4:00 pm	\$2/session
Euchre	Wed & Fri	12:45 pm - 3:45 pm	\$2/session
Evening Bingo	Wed	Doors open at 5:00 pm	\$10 starter packet
Friday Afternoon Bingo	Fri	1:00 pm - 3:30 pm	Cost of Cards
Shuffleboard	Mon	1:00 pm - 3:00 pm	\$2/class

Arts

Card Embroidery.	Thurs	9:00 am-11:00 am	\$2/class + one-time \$10 starter kit
Bob Gaston New Horizons Band	Thurs	12:30 pm - 2:00 pm	\$2/practice session
Golden Tones Choir — On Winter Break after January 5 Concert			
Second Ave. Players Sr. Theater	Fri	10:30 am - 11:30 am	\$2/practice session

Services

Milestones Meal Site	Mon - Fri	11:30 am	Donation w/48 hour advanced registration. Call 563.386.7477 X 248
Courtside Styling Salon	By Appt.	563.265.2150.	Closed Thurs
Home Helpers	By Appt.	563.386.7477 Ext. 253	Call for Details
NAMI	By Appt.	563.386.7477 Ext. 266	Call for Details
Reflexology.	By Appt.	563.349.5832.	\$20/session
Senior Technology	Tues	12:00 pm - 2:00 pm	\$3/session
SHIIP	By Appt.	563.386.7477.	Free Services

Groups & Clubs

CASI Book Club.	1st Fri of Month	10:00 am - 12:00 pm	\$2/meeting
CASI Advisory Council	1st Wed of Month	9:00 am - 10:00 am.	Free
Crocheting & Knitting	Tues	12:30 pm - 2:30 pm	Free
Grief Support	2nd & 4th Wed at Family Restaurant	9:30 am - 11:00 am	Food and beverages purchased individually
TOPS (Take Off Pounds Sensibly)	Wed	10:30 am - 12:00 pm	\$1/meeting Plus National Dues
Ugly Quilts	Mon	9:00 am - 12:00 pm.	Free

Exercise Helps Arthritis Pain & Stiffness

Exercise is crucial for people with arthritis. It increases strength and flexibility, reduces joint pain, and helps combat fatigue. Of course, when stiff and painful joints are already bogging you down, the thought of walking around the block or swimming a few laps might seem overwhelming. But you don't need to run a marathon or swim as fast as an Olympic competitor to help reduce the symptoms of your arthritis. Even moderate exercise can ease your pain and help you maintain a healthy weight. When arthritis threatens to immobilize you, exercise keeps you moving. Not convinced? Read on.

Why exercise is vital...Exercise can help you improve your health and fitness without hurting your joints. Along with your current treatment program, exercise can: Strengthen the muscles around your joints, Help you maintain bone strength, Give you more strength and energy to get through the day, Make it easier to get a good night's sleep, Help you control your weight and Make you feel better about yourself and improve your sense of well-being.

Though you might think exercise will aggravate your joint pain and stiffness, that's not the case. Lack of exercise actually can make your joints even more painful and stiff. That's because keeping your muscles and surrounding tissue strong is crucial to maintaining support for your bones. Not exercising weakens those supporting muscles, creating more stress on your joints.

Check with your doctor first. Talk to your doctor about how exercise can fit into your current treatment plan. What types of exercises are best for you depends on your type of arthritis and which joints are involved. Your doctor or a physical therapist can work with you to find the best exercise plan to give you the most benefit with the least aggravation of your joint pain.

Consider these tips as you get started: Apply heat. Heat can relax your joints and muscles and relieve any pain you have before you begin. Heat treatments — warm towels, hot packs or a shower — should be warm, not painfully hot, and should be applied for about 20 minutes. Move gently. Move your joints gently at first to warm up. You might begin with range-of-motion exercises for five to 10 minutes before you move on to strengthening or aerobic exercises. Go slowly. Exercise with slow and easy movements. If you start noticing pain, take a break. Sharp pain and pain that is stronger than your usual joint pain might indicate something is wrong. Slow down if you notice inflammation or redness in your joints. Apply ice to your joints as needed after activity, especially after activity that causes any joint swelling. Trust your instincts and don't exert more energy than you think your joints can handle. Take it easy and slowly work your exercise length and intensity up as you progress.

Don't overdo it. You might notice some pain after you exercise if you haven't been active for a while. In general, if your pain lasts longer than two hours after you exercise, you were probably exercising too strenuously. Talk to your doctor about what pain is normal and what pain is a sign of something more serious.



Stop in for a visit!

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Jane's Place offers affordable day services for adults living with Alzheimer's and dementia. It offers a secure, caring environment with structured socialization for participants, and peace of mind for families.

Interested in finding out more about Jane's Place? Call us today for additional information.

Financial Education Spotlight

From our Friends at Vibrant Credit Union

The start of a new year is an ideal time to adopt new financial habits that will help you manage your money better. Here are three to get you started.

- **Set aside time each month to review your spending.** Even if you follow a monthly budget, your actual expenses may not match your plan. A higher than expected utility bill or rising prices at the grocery store could cause shortages elsewhere. Make sure your expectations meet your reality — and look for unexpected but necessary expenses you may have overlooked.
- **Make sure you add to your emergency fund.** Saving isn't easy when you're on a limited budget, but putting even a small amount aside every month will give you a cushion when you need it.
- **Check your credit report regularly.** Many financial institutions, including Vibrant, now offer free credit monitoring services that make it easy to keep track of your credit score and identify opportunities to save money on loans and credit cards.

Of course, you don't need to wait for January to make a resolution — and you don't have to give up if you don't succeed on the first try. The new year may only come once every 12 months, but you get a new day every 24 hours. Good luck!



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2021 Senior SECRET Santa Summary

Here is a summary of the 2021 Senior SECRET Santa program, benefiting so many Quad Cities seniors in need.

Total Number of Individuals Served: 742 – this number may flex up by a few pending any last minute requests that come in.

Counties Served: Scott and Clinton – Iowa; Rock Island, Henry and Mercer – Illinois

Number of IL residents served: 286 – 39%

Number of IA residents served: 456 – 61%

CASI clients served (including Jane's Place): 301 (41%) - this number is figured into the overall IA residents served number

2020 Comparison

Total Number Served: 650 - This number was considerably lower from 2019 due to the COVID-19 pandemic. The Senior SECRET Santa program saw 12% increase from 2020 to 2021.

2021 Program Demographics

Average Age of those served: 73

Youngest Age Served: 37 – this is a resident in an area nursing home.

Oldest Age Served: 98

Corporate Partners

The Official Naughty and Nice Delivery Team: Modern Woodmen of America – presenting partner

North Pole Communications Provided By: Mix 96; The New BIG 106.5; Fox 18; the Quad Cities CW; Local 4 – WHBF

Corporate Gift Sponsors

Arconic Women of Steel - City of Bettendorf - Concept By Iowa Hearing - Dispatch-Argus Santa Fund - Genesis Health System - Impact Life Regional Blood Center - Jaycees of the Quad Cities - McCarthy Bush - Mel Foster Co. - Molyneaux Insurance - The United Methodist Women of Calvary United Methodist Church - And various caring community members

In addition to the Senior SECRET Santa program, CASI's Senior Advocates signed up 50 clients to receive the holiday meal boxes from Genesis Systems Group. Genesis Systems employees fund raise all year round to provide the funds to purchase all the food items for a holiday meal. Employees then deliver the boxes to CASI clients the Friday before Christmas.

Senior Advocates also signed up 161 seniors for the Holiday Home Delivered Meal program through Home Helpers.



Mission Driven. Community Supported.

It is always a tremendous honor for us to receive a gift at CASI that has been directed to support our mission in memory of or in honor of someone who has been important in your life. We are doubly honored when a friend of CASI chooses to request, in lieu of flowers, that gifts be directed to support our work at CASI. Please be assured that every gift directed to CASI as a tribute provides us with an opportunity to celebrate that individual and to continue their legacy through our work in the community.



If you have questions about giving in memory of or to honor a friend or relative, please contact Sue Rector at srector@CASIseniors.org or 563.386.7477 ext. 229. Thank you.



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For ad info. call 1-800-950-9952 • www.lpicommunities.com CASI Center for Active Seniors, Davenport, IA D 4C 01-1417

Commit to Your Health and Wellness

January Happy Hour Fitness

Ring in the New Year with Thirsty Thursdays at CASI! Every Thursday in January we will offer Walking Club from 4:00 - 5:00 pm and a Fitness Class from 5:00 - 5:45 pm. Our bar will be open from 4:00 - 7:00 pm so you can have a drink with your friends after you work on your fitness. Each week Jeremy, the bartender, will have a Drink of the Week (both Cocktails AND Mocktails) along with beer, wine, soda, or water to keep you hydrated!

January 6 - Yoga (bring your own mat)

January 6



Blue Lagoon



Blue Lagoon NA

January 13 - Line Dancing

January 13



Boozy Arnold Palmer



Blushing Arnold Palmer NA

January 20 - Zumba

January 27 - Yoga (bring your own mat)

January 20



Cherry Escape



Shirley Temple NA

January 27



Tequila Sunrise



Yellow Sky NA

Come get fit and have some fun doing it!

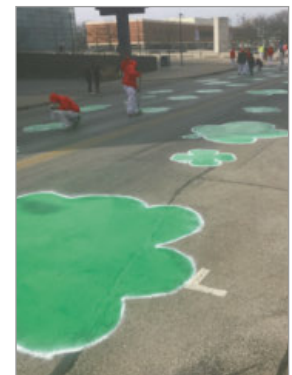
Couch to 5K — Training for CASI's St. Patrick's Day 5K

Join a training program to get you in shape to walk in the 40th Anniversary CASI's St. Patrick's Day 5K. This program is for beginners looking to kick start a fitness program with a goal to walk a 5K (3.1 miles) after completing the nine-week program. The group will meet weekly to walk and set weekly workouts to complete on your own or with a partner from the group. CASI is available for walking Monday through Friday from 7:00 am - 4:00 pm on our cushioned walking track around the facility.

Tuesdays, January 11 - March 8 (CASI's St. Patrick's Day 5K is March 12)

3:30 - 5:00 pm

\$59 (includes automatic registration for CASI's St. Patrick's Day Race)



Too Fit To Quit 2022

Join trainer Logan Anderson for a free orientation to show CASI members how to use the equipment in the Fit for Life Fitness Center. He'll also offer a basic workout you can do on your own. Stop by and check it out. Thank you Logan!

Tuesdays, January 18 and January 25

12:00 - 12:30 pm

Commit to Your Health and Wellness

Step Into Balance and Chair Yoga Changes for January

Logan Anderson will not run the regular Step Into Balance (Tuesdays, 1:00 - 1:30 pm) or Chair Yoga (Tuesdays, 2:00 - 2:30 pm) classes in January 2022. Instead, he will be offering these classes free to members Tuesdays, January 18 and January 25 at their regular times to encourage more participation when they start back up in February 2022.

Come give them a try!

CASI Walks “Main Street”

We invite you to come and enjoy a peaceful walk at the Center. Our “Main Street” serves as a beautiful backdrop for your fitness experience. As you stroll around eleven laps you will have put in a mile without even realizing it! The flooring around our track is specially designed with a rubber underlayment that is easy on your joints. Come in and give it a try! It is available for use during our regular operating hours. We also have special times for our walking social groups.



Walking Club

CASI’s Walking Club is a social time where friends gather to walk at the same time each day. Not only is it fun, it’s good for you! And it’s free to members Monday, Wednesday, and Friday 8:00 - 9:00 am and, new in January, Tuesday and Thursday 4:00 - 5:00 pm.



New You Challenge

Attend four CASI fitness classes a week for four weeks in January and get **\$5 in CASI bucks** at the end of the month. Please keep your receipts for proof of participation.

What a deal... Fitness and CASI Bucks! Happy 2022.

Your Philanthropy Powers CASI's Mission

As we begin a new year, we are abundantly grateful for every gift received in 2021 which sustains CASI and our work in the community. CASI is the area's only full-service Senior Center and we remain committed to our unique mission of service and support to seniors in our region, which encompasses five counties in Iowa and Illinois. CASI is unique among senior centers in that we receive minimal government funding for our operations. We appreciate every supporter of CASI who invests their generous gifts of time, talent and treasure to ensure that CASI's work on behalf of Quad Cities older adults continues. Every gift sustains us, gives us hope for a bright future, encourages us, and supports our mission.

We can't do it without you! Thank you for your consideration.

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** at www.Give2Seniors.org.

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



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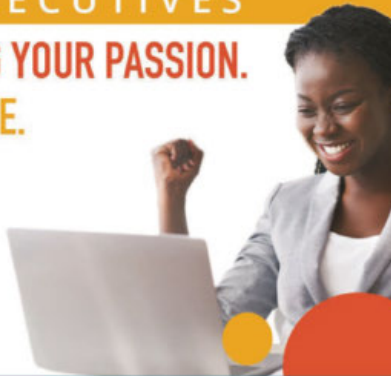


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Seniors and others more vulnerable to this disease are relying on us all to do our part.
Positivity rates are the highest since November 2020.
Our hospitals are at critical mass and resources are being spread thin.
Mask. Vaccinate. Boost.

We are very worried.

COVID-19 cases are at the highest levels they have been at since the surge in November 2020.

Our hospital beds are full. Our ICUs are full. Ventilators are running short.

Critically ill patients, some on ventilators, are waiting hours in our Emergency Departments to be admitted or transferred.

Our staff are overwhelmed and there aren't enough of them.

We fear not having the capacity to care for your family members...your father's heart attack, your son's injury, or your grandmother's pneumonia. We fear not having the capacity to care for OUR family members.

The situation is critical.

We need your help.

We need you to mask in indoor public places, even if you are vaccinated. Especially if you are not.

We need you to GET VACCINATED. Almost all of our COVID-19 in-patients are unvaccinated.

We need you to get tested if you're having symptoms - and do it early. It's harder to care for you later in your illness. Use a convenient care or your physician's office. Don't come to the emergency department unless it's a true emergency.

We need you to stay home if you test positive to keep from infecting others ...others who could end up in our hospitals.

We need you to care. And to help us end this.

Doug Cropper
President & CEO
Genesis Health System



Kurt Andersen, MD
Chief Medical Officer
Genesis Health System



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