

February 2022

CASI Connections



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Celebrate the Milestones

“Remember to celebrate Milestones as you prepare for the road ahead.” - Nelson Mandela

This March, CASI will celebrate its 40th Anniversary CASI St. Patrick’s Day Race! And as we look uphill towards a future post COVID, we want to take the time to recognize and honor the decades of love and support we have received from our runners, our sponsors, and our Quad Cities community.

Many folks have no idea that this fast, flat and fun race is CASI’s largest fundraiser. Raising over \$1.2 million dollars through the years to support our mission, the event has become the bedrock of our fundraising initiatives and serves to help support over 5,000 seniors annually. But what does that mean?

- Well, it means that more than 2,000 seniors remain independent in their homes every year through the support of our Senior Advocacy program. This program is free to any senior, in part due to the funds raised through the race.
- It means that close to 1,000 seniors at risk of not receiving a single gift during the holidays, receive at least one gift through our Senior SECRET Santa program.
- It means that hundreds of seniors won’t experience a heat related health crisis because of the free fan they received through our Be a Fan to a Senior program. This program is also free to any senior in part due to the funds raised through the race.
- It means more than 1,000 seniors will have access to the 8,000 activities offered onsite at the Center that are all geared towards helping older adults age successfully with both dignity and grace. With only \$25,000 in public support for the Activity Center, the Center is almost exclusively funded through our own fundraising efforts.
- It means that 100 seniors diagnosed with Alzheimer’s Disease and other dementias receive the support and supervision they need through our Jane’s Place Adult Day Services program, to remain independent with their families for up to 18 months longer than those without access to these services.



The last 22 months have been a unique challenge for CASI. Because a majority of our mission is focused on large group activities and socialization, the Center and Jane’s Place were closed for an entire year in an effort to protect those we serve. But as we close in on this special celebration, I am reminded of the years that CASI has had the distinct honor of serving as the Quad Cities premier senior resource. The decades CASI has spent impacting the lives of tens of thousands older adults here in our own backyard. And I am both humbled and honored to call CASI MY Senior Center. I hope you are too!

A handwritten signature in blue ink that reads "Jana S. Kopp". The signature is written in a cursive, flowing style.

President / CEO
Center for Active Seniors, Inc.

CASI Will Be Closed Monday, February 21, 2022

To Celebrate Presidents Day

Presidents Day was originally established in 1885 to recognize the nation’s first president, George Washington. The holiday became known as Presidents’ Day after it was moved as part of the Uniform Monday Holiday Act in 1971, that came about through an attempt to create more three-day weekends for the nation’s workers. While several states still have individual holidays honoring the birthdays of Washington, Abraham Lincoln and others, President’s Day is now widely seen as the day to celebrate all U.S. presidents, past and present.

Valentine's Day



In the United States, about 190 million Valentine's Day cards are sent each year, not including the hundreds of millions of cards school children exchange.

Valentine's Day is a major source of economic activity, with total expenditures topping \$18.2 billion in 2017, or over \$136 per person. This is an increase from \$108 per person in 2010.

Free Blood Pressure Clinics

Blood pressure is the pressure of circulating blood against the walls of blood vessels. It is one of the vital signs that healthcare professionals use in evaluating a patient's health.

Promedica is hosting a free monthly Blood Pressure Clinic from 9:00 - 11:00 am on the first Monday of each month. Susan Herman, RN, BSN, will be here for drop in visits for CASI members to get their blood pressure checked in the Multi-purpose Room.

Stop in on Monday, February 7 from 9:00 - 11:00 am



	<h1>RBT River Bend Transit</h1> <p>(563) 386-1350 / 800-292-8959</p>	<h3>Changing Lifestyles?</h3> <p>Downsizing to a smaller home? Need a free market analysis of your present home? I understand and am committed to the special needs of senior real estate owners.</p> <p>Gwen Schwandt, SRES Seniors Real Estate Specialist (563) 349-1595 GwenSchwandt@RuhlHomes.com 1228 Middle Rd., Bettendorf, IA Licensed in Iowa & Illinois</p>
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Welcome Lorrie Blumberg!

CASI is pleased to announce that Lorrie Blumberg has joined the organization as Director of Senior Services.

Lorrie comes to CASI with over 23 years of experience in counseling and social work. She most recently was the manager of New Friendships Memory Care unit at Friendship Manor in Rock Island, IL. Her first day at CASI was January 4.

Lorrie grew up in Rock Island, IL, where she attended Rock Island High School. After graduating from high school, Lorrie continued her education at Bradley University in Peoria, IL. Lorrie got her first taste of leading others when she served as President of her sorority. After completing her undergraduate degree in Psychology, she decided to stay in Peoria and get a master's degree in Counseling.

After completing her master's degree, Lorrie progressed through roles as counselor for children, adolescents, and families. She has also spent time as a child and adolescent case worker in the community. She spent some time working with military personnel and guiding them and their families through higher education. While helping care for her grandparents, she found her passion was truly with the senior population. This led her to her first job at Friendship Manor as the social worker for the skilled care unit. She was then tapped to lead the Memory Care unit as the manager and family liaison. While in this role, Lorrie earned her Dementia certification.



Lorrie Blumberg
Director of Senior Services

As the Director of Senior Services, Lorrie will oversee our support services onsite at the center. This includes both the Senior Advocacy program and our Jane's Place Adult Day Services program. Senior Advocates are community based social workers who connect older adults with the services and supports they need to remain independent in their homes for as long as is safe and possible. Jane's Place is Eastern Iowa's only licensed Adult Day Services program specifically for those diagnosed with Alzheimer's disease and other dementias.

Lorrie and her husband, Lee, have two grown boys, Zach and Nate. In her free time, she enjoys spending time at the neighborhood pool and traveling to see new places. However, her greatest joy is just spending time with her family.

Lorrie is excited to work with all of the members that use CASI, especially those who attend Jane's Place. Lorrie looks forward to meeting and getting to know all of our members and her new co-workers at CASI.

CASI Celebrates Black History Month



Carter G. Woodson

February marks the start of Black History Month, a federally recognized celebration of the contributions African Americans have made to this country. Carter G. Woodson, known as the "Father of Black History," developed Black History Month. Woodson, whose parents were enslaved, was an author, historian and the second African American to earn a Ph.D. at Harvard University. He recognized that the American education system offered very little information about the accomplishments of African Americans and founded the Association for the Study of Negro Life and History, now called the Association for the Study of African American Life and History. In 1926, Woodson proposed a national "Negro History Week," which was intended to showcase everything students learned about Black history throughout the school year.

We encourage you to take some time in February to go to the library or use your technology to learn more about this important part of our country's history.

From the Desk of Amy J...



Amy Johnson
Director of Operations

Ongoing research suggests that creativity may be the key to healthy aging. Studies show that participating in activities such as singing, theater performance and visual artistry could support the well-being of older adults, and that creativity, which is related to the personality trait of openness, can lead to greater longevity. CASI offers many of these types of activities along with health and wellness, cards and games, and many groups and clubs. I want to encourage you to try something new in 2022 and remember we are all not just a year older - we are a year better! The days are cold during the month of February and sometimes it isn't easy to get out. When you find days you can get here safely, we invite you to come and enjoy CASI.

My door is always open for suggestions and comments from members. I am working with Cyndi, our Marketing Director, to develop a new system for you to provide feedback for the services we offer. I understand that this is your center and want to ensure our programming supports your needs. You are important to us!

Amy

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

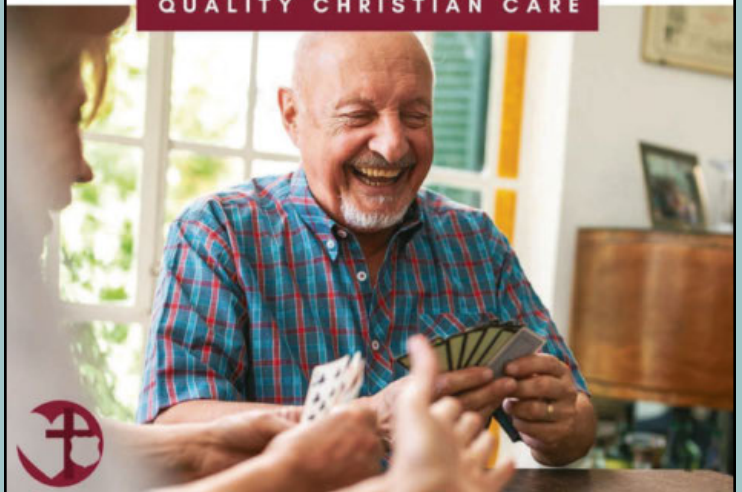
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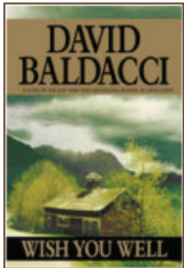
February Activities

– February Book Club –

Wish You Well

by David Baldacci

Friday, February 4 – 10:00 am - Noon
\$2/meeting



Following a family tragedy, siblings Lou and Oz must leave New York and adjust to life in the Virginia mountains - but as the farm begins to feel like home, they'll have to defend it from a dark threat.

March Book: Dance With Me by Luanne Rice

Drums Alive

Monday, February 7
12:00 - 12:30 pm

Cost is \$2/person



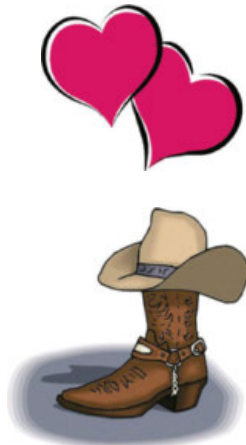
Fun, choreographed workouts to music using drumsticks, stability balls and your own power! This class is designed to help right and left brain coordination and increase activity all while having fun! Class can be modified for all levels and abilities.

CASI Country Dance

Friday, February 18
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



– February Movie Matinee –

Something's Gotta Give

Tuesday, February 22 – 1:00 - 3:00 pm
\$2/movie



Starring Jack Nicholson and Diane Keaton as a successful 60-something and 50-something, who find love for each other in later life, despite being complete opposites.



Calling All Chess and Cribbage Players!

We are restarting both programs this month. We are gathering players in the library each week. The first few weeks may be a slow process to get the groups up and going, so don't be discouraged! Stop in and check it out!

Cribbage	Tuesdays	2:00 - 4:00 pm
Chess	Thursdays	2:00 - 4:00 pm

February 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 February 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	8:30 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
Chess	Thurs	2:00 pm - 4:00 pm	\$.1/session
Cribbage	Tues	2:00 pm - 4:00 pm	\$.1/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 and will resume March 11			
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
SHIP	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
Red Hat Ladies Club	1st Tues of Month	11:00 am	Location Varies Call for Details
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

Jane's Place Adult Day Services



Stop in for a visit!

1035 W. Kimberly Road
Davenport, IA 52806
563.386.7477 Ext 226
CASIseniors.org

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.

Jane's Place Adult Day Services offers affordable, professional adult day care in a secure, home-like environment Monday through Friday, 7:00 am - 5:00 pm. We are designed especially for adults who want to remain in their current living setting but are experiencing feelings of isolation or cannot be home alone during the day due to Brain Injury, Intellectual Disability, Parkinson's, Alzheimer's or other forms of dementia, physical and social limitations.

- Jane's Place is Eastern Iowa's only licensed Adult Day Service; an intermediate step in care and alternative to long-term care living
- Safe, positive home-like environment, individualized care plans, monitoring and assistance with activities of daily living by compassionate, dementia-trained staff; including a Registered Nurse
- Structured social, therapeutic activities and delicious meals to create purpose, maintain well-being and enhance quality of life
- Family and caregiver support; including daytime respite care, guidance and a support group
- Active participants at Jane's Place Adult Day Services have decreased hospital readmission and have had the ability to stay in their current living setting 13 months longer

Jane's Place offers two FREE trial days for potential participants and their family. These trial days provide the family an opportunity to meet our staff and participate in activities. These trial days, also, allow our staff to observe how the potential participant is acclimating to our program services and what specific needs they may require.

Jane's Place now accepts IA Medicaid-Brain Injury (BI) Waiver, Intellectual Disability (ID) Waiver, HIV Waiver, Health and Disability Waiver, and Elderly Waiver, in addition to Veteran's (VA) benefits, Long-Term Care insurance and Private Pay.



SAVE THE DATES - 2022

CASI's 40th Anniversary
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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Philanthropy Matters

Sincerest thanks to all those who generously supported CASI throughout the 2021 year. You made so many things possible as we navigated a year filled with the reopening our beautiful Kimberly Road Center, the addition of some new and exciting activities, the departure of a key member of our staff, and the hiring of three new amazing partners in our work. You gave us encouragement and hope as we tried some new programming and continued to live out our mission as our community's only comprehensive senior center. Because of your support we have kicked off 2022 with some new activities and opportunities for area seniors and there is more to come. You are so important to CASI and we greatly appreciate you! Thank you!

There will be many opportunities to support CASI throughout 2022. Please know that every dollar you invest in CASI is carefully and thoughtfully directed into our work. As a community funded senior center, we cannot do it without you! Giving anytime as a Friend of CASI provides sustaining support that can be directed to needs and opportunities as most needed. And of course there are many special opportunities to support CASI through events and activities throughout the year. Thank you for sticking with CASI and for investing in our mission.

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



Ways to give to CASI anytime:

- Online at www.casiseniors.org
- Give through an **IRA required minimum distribution or donate appreciated stock** (call Sue Rector at 563.386.7477 ext. 229 with questions)
- Send a **check to CASI** or drop it off at the front desk
1035 W Kimberly Rd, Davenport, IA 52806

Every gift is appreciated and important.

National Random Acts of Kindness Day is February 17

All gifts to CASI represent amazing acts of kindness
for area seniors.

Please consider a special donation to CASI on February 17!





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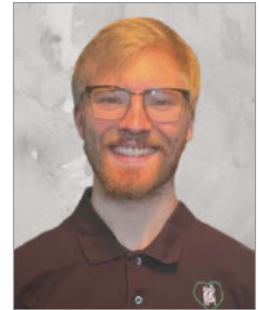
CASI Center for Active Seniors, Davenport, IA

D 4C 01-1417

Commit to Your Health and Wellness

Logan Anderson is a local fitness professional who graduated from the University of Iowa with a degree in exercise science. He is also an NSCA certified personal trainer, and an ACSM certified inclusive fitness trainer. Logan owns a local health and wellness company, All Strong Fitness LLC. Logan started the company with his experience working with individuals with special needs and seniors. He realized that the opportunities for them to improve their health and wellness were slim due to stigma against the population, and scarcity of people willing to work with them. Logan started the company with an overarching goal of improving the health, independence, and quality of life of those with special needs.

At CASI, Logan teaches two different exercise classes for seniors. One of the classes, “Step Into Balance,” focuses on improving agility, static and dynamic balance, as well as core and leg strength and stability. In addition to this, Logan also teaches “Chair Yoga,” a low impact class that focuses on stretching and mobility, core strength, and reducing stress. Chair Yoga is completely done from the comfort of a chair, while Step Into Balance has both standing and chair exercises.



**Logan Anderson,
Owner**
All Strong Fitness LLC

Step Into Balance	Tuesdays	1:00 - 1:30 pm	\$3 per class
Chair Yoga	Tuesdays	2:00 - 2:30 pm	\$3 per class

Outside of CASI, Logan writes newspaper articles for 50+ Lifestyles and QC Senior Magazine, provides educational health sessions to Special Olympics Iowa athletes, makes educational YouTube videos related to health and wellness, and shows individuals with special needs how to exercise properly. Logan also works as an in-home caregiver for individuals with special needs full-time.

Aging Innovatively

This program is presented by St. Ambrose University Doctor of Occupational Therapy Program. It aims to improve the health, well-being and quality of life of aging adults in the Quad Cities Community. Are you interested in learning about ways to redesign daily activities and assistive technology that supports and promotes healthy aging and overall life satisfaction? Join us for a five-session workshop at CASI on Fridays from 9:00 - 11:00 am, February 11 through March 11. The final session will be held at Jim’s Place on the campus of St. Ambrose on March 11.

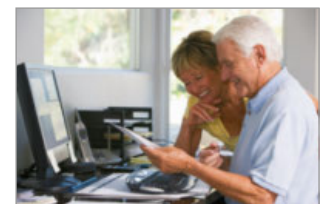
There is no cost for this program!



Don't Call Me Old

The baby-boom generation is turning 65. Our nation’s largest generation is rewriting the rules regarding aging and what those golden years look like. How do companies market to this group? This presentation offers some interesting statistics and helpful hints to catch the attention of this large segment of our population. This workshop is presented by Denny Mekus from Health Alliance on February 15 from 9:00 - 10:00 am.

There is no cost for this program



THE DEMENTIA EXPERIENCE



CASI

March 01, 2022

8:00 AM - 9:00 AM

Any questions please contact CASI at
563.386.7477



Join us at CASI as Senior Star will present the AFA Virtual Reality Experience.

During this presentation, you will momentarily step into the shoes of someone living with dementia and gain a better understanding of their reality. This unique experience helps build empathy and understanding for those living daily with Alzheimer's and other dementias.

Come get all of your questions answered or learn something new. We look forward to seeing you there!

Thank You Golden Tones

Thank you to all Golden Tone members for your dedication and a wonderful concert in December. It is such a joy to be your director and I want to thank you again for the wonderful end of year gift you gave Cindy and myself. Cindy and I will be back again in 2022 and I would like to start chorus up again on Friday, March 11th. All members of CASI are invited to join - if you like to sing why don't you give it a try. Friday mornings between 9:00 - 10:00. Hope to see you then. *Ellen Hogbin, Director*



Free At-Home COVID-19 Tests

Every home in the U.S. is eligible to order 4 free at-home COVID-19 tests. The tests are completely free. Orders will usually ship in 7-12 days.

Order your tests now so you have them when you need them.

AT-HOME TESTS AT RETAILERS AND PHARMACIES

At-home tests are available for sale around the U.S. Check with local retailers and pharmacies to see where at-home tests are available.

INSURANCE REIMBURSEMENT FOR AT-HOME TESTS

Your health insurance company will pay you back for 8 at-home tests per month for each person on the plan.

20,000+ FREE TESTING SITES

No-cost antigen and PCR COVID-19 tests are available to everyone in the U.S., including the uninsured, at more than 20,000 sites nationwide.

ABOUT THE AT-HOME COVID-19 TESTS

The tests available for order:

- Are rapid antigen at-home tests, not PCR
- Can be taken anywhere
- Give results within 30 minutes (no lab drop-off required)
- Work whether or not you have COVID-19 symptoms
- Work whether or not you are up to date on your COVID-19 vaccines
- Are also referred to as self-tests or over-the-counter (OTC) tests



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Cities Insurance Group
City of Davenport
Cobham Systems
Country Manor
Dan Dolan Homes
Davenport Jaycees
Doris & Victor Day Foundation
Edwards Creative
Eriksen Chevrolet
Esterdahl Mortuary
Exelon

Eye Surgeons Associates
The Fountains
Fresh Start Living QC
Genesis Health System
Health Alliance
Heritage Woods of Moline
Home Helpers
Honkamp Krueger & Co.
Hubbell Waterman
Hy-Vee Food Stores
IBEW Local 145
iHeart Media
Iowa American Water
Iowa Masonic
IA-IL Senior Solutions
Isabel Bloom
Kimberly Car City

Koehler Electric
KWQC
Lagomarcino's
La-Z-Boy Furniture
LivWell Seniors
Lujack's of the Quad Cities
Mature Focus
Mediacom
Medic
Milestones Area Agency on Aging
Modern NECA
Necker's Jewelers
North Scott Rotary
Northwest Bank & Trust Co.
Nowinski Family
Office Machine Consultants
One Step

Palmer Hills Senior Living
Pearson Bollman Law
Prairie Farms Dairy
QC Community Foundation
Quad-City Times
Quad City Bank & Trust
Radon Solutions
Regional Development Authority
Rhythm City Casino
RIA Federal Credit Union
Ridgecrest Village
River Cities Reader
River Valley Turf
Rouse Consulting Group
Ruhl & Ruhl REALTORS
Scott County
Scott County Regional Authority

Sears Seating
Select Specialty Hospital
Senior Star at Elmore Place
Silvercrest Garner
St. Ambrose University
Sedona Staffing
The Carle Foundation
US Bank
Vibrant Credit Union
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Wells Fargo



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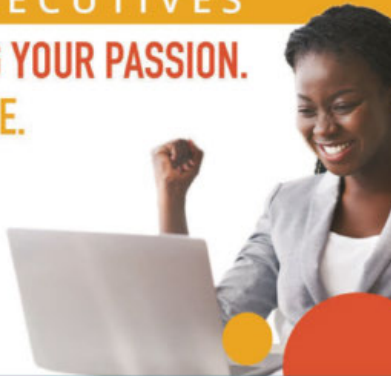


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40th Anniversary CASI St. Patrick's Day Race

presented by Vibrant

Saturday, March 12, 2022

10:00 am – 5K Race
sponsored by Vibrant

9:30 am – 1 Mile Family Run/Walk
sponsored by Eaton

9:00 am – 1/4 Mile Tot Trot
sponsored by Sears Seating

For more Information and to Register
go to CASIseniors.org/race.php

Only those pre-registered by February 17 at 11:59 pm
will receive a Race Shirt

