

# CASI CONNECTIONS

APRIL 2022



## Center Hours

Monday Through Friday

**Facility:** 7:00 am - 4:00 pm

**Front Desk/Registration:**

8:30 am - 4:00 pm

**Gift Shop:** 10:00 am - 2:00 pm

**Fitness Center:** 7:00 am - 4:00 pm

**Cafe:** 10:00 am - 1:00 pm

### Newsletter Highlights

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**“The best way to find yourself is to lose yourself in service to others.”  
-Mahatma Ghandi**

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At CASI, we believe service to others is what makes us special. Everything we do is geared outwardly toward the benefit of those around us. And this is achieved only through the never-ending commitment and passion of our volunteers. From teaching a dance class to assisting our runners at the annual St. Patrick’s Day Race, our volunteers fuel our mission at CASI.

Since 1973, CASI has served as Eastern Iowa’s only comprehensive Senior Center providing activities, services and support to older adults as they navigate their aging journey. A critical aspect of our business model has been the double mission rich inclusion of volunteers. Volunteerism does not simply help reduce costs related to programming, it offers the individual volunteering the unique opportunity to teach others about the things they are passionate about. Our volunteers contribute over 30,000 hours of talent and passion every year. Making CASI a diverse and eclectic educational institution for seniors!

Our seniors also help our staff and Board to host some of the community’s largest and most fun special events. The 40th Annual CASI St. Patrick’s Day Race, recently held in downtown Davenport was only made possible through the time and commitment of over 150 volunteers.

We are and will forever be grateful for the time and talents our volunteers share at CASI. And we look forward to celebrating them this April during Volunteer Appreciation Month. Thank you to all who shared their hearts passions with us. We are better for knowing you.

**Happy Volunteer  
Appreciation  
Month!!**



## **Our Mission**

To provide services that promote independence and enrich the lives of older adults through socialization, health, wellness and supportive services.

## From the Desk of Amy J....

The weather is getting warmer, and we are all excited to get outside! Winter was a little kinder to us this year and I am thankful for that. I would like to invite you to try some of our new programs at CASI. We started after hours programming last month with much success. CASI After Hours are scheduled for April 7 and 14 on Thursdays from 3:30-7 PM. We have open mic, live music, billiards, and a cash bar! CASI Golf League will also be starting in May! I would like you to register in April so I can get the league put together before we start. There are many other activities, so make sure you read Connections cover to cover! We are also celebrating our volunteers this month with a recognition celebration. I noticed early on when I started at CASI that

there are many dedicated members that put in volunteer hours a week. The gift shop is operated exclusively by volunteers. Bingo has the assistance of one staff person, but other than that it has volunteers calling numbers, running the concession stand, selling Bingo cards, and cleaning up after each event. There are also volunteer activity leaders in cards, games, art, fitness, band, choir, and social activities. Many of these volunteers are members of our Advisory Committee which makes most of the programming decisions for CASI. I admire all our volunteer's dedication and thank them for the time they give to CASI. It truly is what makes this place unique and special!



 <p><b>RBT River Bend Transit</b></p> <p>(563) 386-1350 / 800-292-8959</p> <p><b>*SAFE *AFFORDABLE *CARING PROFESSIONALS</b></p>	<p><b>Changing Lifestyles?</b></p> <p><i>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.</i></p>  <p><b>Gwen Schwandt, SRES</b> Seniors Real Estate Specialist (563) 349-1595 GwenSchwandt@RuhlHomes.com 1228 Middle Rd., Bettendorf, IA Licensed in Iowa &amp; Illinois</p> 		
 <p><b>HOMWOOD MANOR</b> APARTMENTS</p> <p>3425 60th St., Moline, IL 61265 1 &amp; 2 Bedroom Apts. Family Owned &amp; Operated <b>Call (309) 764-7767</b> for more information</p>	<p><b>We'd love for you to be a part of one of our communities!</b> Fantastic apartments designed for seniors! ALL utilities included, rent based on income, small pet welcome, noon meals available at some locations, great staff &amp; more!</p> <table border="0"> <tr> <td data-bbox="571 1476 927 1906"> <p><b><u>In Davenport</u></b></p> <p><b>Luther Crest:</b> Beautiful grounds! 5454 N. Gaines St., 388-8543</p> <p><b>Luther Towers:</b> Great cul-de-sac location! 1810 East 38th St. Ct., 359-1850</p> <p><b>Spring Village:</b> Quiet location in a park-like setting! 3320 Spring St., 359-6505</p> <p><b>Edgewater on 3rd:</b> Great River View! 401 W. 3rd, 324-2011</p> </td> <td data-bbox="1029 1476 1422 1906"> <p><b><u>In Bettendorf</u></b></p> <p><b>Luther Heights:</b> Lovely decor! 3116 Devils Glen Rd., 332-9250</p> <p><b>Luther Manor:</b> Property by city bus line! 3118 Devils Glen Rd., 332-9250</p> <p><b>Luther Knoll:</b> Next to grocery store! 3264 Palmer Hills Ct., 449-8318</p> <p><b>Spruce Hills Vilg.:</b> Quiet neighborhood near clinics! 2380 Tech Dr., 332-7700</p> </td> </tr> </table> <p>cardinalcapital.us - Licensed Broker in Iowa</p>  	<p><b><u>In Davenport</u></b></p> <p><b>Luther Crest:</b> Beautiful grounds! 5454 N. Gaines St., 388-8543</p> <p><b>Luther Towers:</b> Great cul-de-sac location! 1810 East 38th St. Ct., 359-1850</p> <p><b>Spring Village:</b> Quiet location in a park-like setting! 3320 Spring St., 359-6505</p> <p><b>Edgewater on 3rd:</b> Great River View! 401 W. 3rd, 324-2011</p>	<p><b><u>In Bettendorf</u></b></p> <p><b>Luther Heights:</b> Lovely decor! 3116 Devils Glen Rd., 332-9250</p> <p><b>Luther Manor:</b> Property by city bus line! 3118 Devils Glen Rd., 332-9250</p> <p><b>Luther Knoll:</b> Next to grocery store! 3264 Palmer Hills Ct., 449-8318</p> <p><b>Spruce Hills Vilg.:</b> Quiet neighborhood near clinics! 2380 Tech Dr., 332-7700</p>
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<p>Where the experts are... for surgery you'll feel good about.</p>  <p>myhealth.net</p> 			



## Drums Alive

Don't forget to join us for Drums Alive Mondays, April 4 and 18, from 12-12:30 pm for Drums Alive. This is a fun, choreographed workout 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. Cost is \$2.



## Celebrate Cinco de Mayo

Join us for a Mexican lunch and much more!  
Register by May 2.

**Date:** May 5

**Day/Time:** Thursday

11 am-1 pm

**Fees:** \$9 per person for 3 beef or chicken enchiladas (no mixing) plus beans and rice

**Reservations taken at front desk with advance payment through May 2nd**

**Location:** Eleanor's Cafe



## Balance Clinic with Logan Anderson

Join Logan Anderson owner of All Strong Fitness, and a fitness instructor here at CASI, for a low impact balance clinic. The event will cover a wide variety of instruction on the different aspects of balance, why each aspect is important and how you can work on them. We will cover static and dynamic balance, visual and audio components, core strength and agility. Refreshments will be provided. For any questions, feel free to call Logan at 563.210.3701 or email him at

[allstrongfitnessllc@gmail.com](mailto:allstrongfitnessllc@gmail.com).

**Date:** April 20, 2022

**Day/Time:** Wednesday, 1-2 pm

**Fees:** \$3 per person

**Location:** Celebration Hall

Logan will also be offering an orientation to the Fit for Life Center. He will demonstrate how to use the strength and cardio equipment in the center. We have added some new equipment and reset the layout. Come check it out!

**Date:** April 18

**Day/Time:** Monday 12:30-1:30 pm

**Fee:** \$3-Register by April 15

## Play the Ponies

It's Derby time! Come and choose your winner for Kentucky Derby 2022. Prizes will be awarded to the top horse selected!

**Date:** May 6

**Day/Time:** Friday 9-11 AM (only picks received on May 6 are valid)

**Fees:** \$2 per prediction sheet (limit of 3 sheets per person)

**Location:** Billiards Room



## CASI After Hours

**Sponsored by Health Alliance**

Live music with open mic, billiards tournament and cocktails after hours at CASI!! There will be a cash bar, concessions and a 50/50 drawing. Grab your friends and your musical talent as we keep the doors open late. You won't want to miss out on the entertainment from Donovan Gustofson and his friends. He will keep the night moving with smooth sounds of Blues, Jazz, Country and Rock n Roll!

**Dates:**

April 7,14; May 5, 12

**Day/Time:**

Thursdays, 3:30-7 pm

**Fees:**

Open Mic 4-7 pm Free

Billiards and cash bar 3:30-7 pm

**Location:**

Celebration Hall and Billiards Room



## Golden Tones

The Choir will be practicing each Friday from 9-10 am except Good Friday, April 15.

We are just starting to learn new songs so come and join us!! Call Ellen Hobgin for more info at 309-716-0630

News from Senior Advocacy

By Lorrie Blumberg

April is Parkinson's Awareness Month. It is an opportunity to increase awareness about the disorder and its symptoms, as well as to support victims. Parkinson's is a progressive nervous system disorder that affects a person's movements. The cause of Parkinson's is unknown but genes and heredity and men are more likely to develop Parkinson's than women. Its symptoms usually start slowly with a barely noticeable tremor in one hand. It can also cause stiffness of the limbs and trunk, slowness of movement, impaired balance and coordination and tremors in the hands, arms, legs, jaw, or head. As the disease becomes clearer, one may develop cognitive problems leading up to a diagnosis of Dementia in the later to final stages of Parkinson's. While there are no specific tests to diagnose Parkinson's disease, a doctor who is trained in the nervous system, such as a Neurologist, will diagnose Parkinson's based on one's medical history, signs and symptoms and a neurological and physical

exam. An MRI may aid in showing the progression of the disease but cannot diagnose it. Medications are used to treat the symptoms of Parkinson's. Medications can help decide if this is the actual diagnosis as one may feel great improvement while taking the medication. Parkinson's can be linked closely with depression and dementia. Research shows that depression and anxiety are more common in people who suffer from Parkinson's. Also, as the disease progresses, dementia is common to develop. There are medications that will help ease the symptoms but not stop the progression. There are many ways to slow down the progression of the disease and to help the person with its symptoms. Eating a balanced diet will boost your over-all health and give you energy to manage the symptoms. One should eat grains, vegetables, fruit, milk/dairy, fiber, and protein-rich meats and beans. Exercise may be one of the most important tools in



slowing the disease's progress. It is a vital part in supporting balance and mobility and can improve many of the Parkinson's symptoms. Even though there is no cure for Parkinson's disease, by seeking medical help and finding a proper course of treatment, most people with the disease can live happy and fulfilling lives.

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## CASI Country Dance

Join us on **Friday, April 15, 7-10:30 pm** for our monthly country dance. Grab your loved one or a few friends and come enjoy some good old country fun!!  
**Cost is \$7 per person**



## Meet the Easter Bunnies

Celebrate Spring with a visit with the Easter Bunny! On **Sunday, April 3, 11 am-1 pm**, Rabbit Rescue will be at CASI with real rabbits and information on their program. Stop by to see the bunnies, get your picture taken with them and enjoy some fun Easter activities!! All ages are welcome and donations are appreciated. **There will also be a craft show from 10 am-3 pm at CASI.**



## April Movie Matinee

### King Richard

Presented by Bickford Senior Living  
Based on the true story that will inspire the world, King Richard follows the journey of Richard Williams an undeterred father instrumental in raising two of the most gifted athletes of all time, who will end up changing the sport of tennis forever.

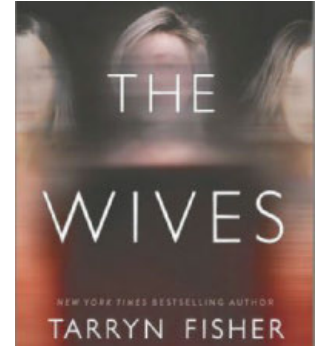
**Date: April 26**  
**Day/Time: Tuesday 1-3 pm**  
**Fee: \$2 per person & includes refreshments!**

Presented by Bickford Senior Living

## Rock Valley Physical Therapy Injury Screenings

Michelle Sarb, PT, DPT, OCS will be at CASI doing injury screens in the Multi-purpose Room the second and fourth Friday of the month. Please sign up for you time at the front desk.

**Date: April 8 and 22 (ongoing monthly on the 2nd/4th Friday of the month)**  
**Day/Time: Friday 1:15-2:15 pm (appointments are set every 15 minutes)**  
**Location: Multi-purpose Room**



## April Book Club

### The Wives

by Tarryn Fisher

New York Times bestselling author Tarryn Fisher delivers a pulse-pounding, fast-paced suspense novel that will leave you breathless. This novel is a psychological thriller about a woman in a polygamist marriage.

**Date: April 8**  
**Day/Time: Friday 10-12 pm**  
**Fee: \$2 per session**



## National Pet Day

**Monday, April 11** CASI staff will be bringing their pets to work to celebrate National Pet Day. There will be a parade of pets on main street at **11 am**. You won't want to miss it!

## FITNESS

CASI Walking Club	Mon, Wed, Fri	8-9 am	Free
Chair Yoga	Tuesday	2-2:30 pm	\$3/class
Drums Alive	1st and 3rd Monday	12-12:30 pm	\$2/class
Line Dancing	Tuesday Thurs	10:00-11:15 am	\$2/class
Low Impact Exercise	Mon, Wed, Fri	9-10 am	\$2/class
Low Impact Exercise	Tues & Thurs	11-12 pm	\$2/class
Step into Balance: Balance & Strength	Tuesday	1-1:30 pm	3/class
T'ai Chi Ch'un	Wednesday	10:15-11:15	\$24/six-week class
Zumba Gold	Thursday	9-10 am	\$3/class
Zumba Gold	Friday	10:15-11:15 am	\$3/class
Zumba Toning	Monday	10:15-11:15 am	\$3/class

## CARDS & GAMES

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

## ARTS

Card Embroidery	Thurs	9-11 am	\$2/class + one-time \$10 starter kit
Bob Gaston New Horizons Band	Thurs	12:30-2 pm	\$2/practice session
Golden Tones	Fri	9-10 am	\$2/practice session
Second Ave. Players Sr. Theater	Fri	10:30-11:30 am	\$2/practice session

## GROUPS & CLUBS

CASI Book Club	1st Fri of month	10 am-12 pm	\$2/meeting
CASI Advisory Council	1st Wed of Month	9-10 am	Free
Crocheting & Knitting	Tues	12:30-2:30 pm	Free
Grief Support	2nd & 4th Wed at Family Restaurant	9:30-11 am	Food & Drink at your own cost
Red Hat Ladies Club	1st Tues of Month	11 am	Location varies
TOPS (Take Off Pounds Sensibly)	Wed	10:30 am-12 pm	\$1/meeting + National Dues
Ugly Quilts	Mon	9 am-12 pm	Free

## SERVICES

Milestones Meal Site	Mon-Fri	11:30 am	Donation w/48 hour advanced registration. call 563.386.7477 x 2481
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	12-2 pm	\$3/session
SHIIP	By Appt.	563.386.7477	Free Services
Blood Pressure Checks	1st & 3rd Monday	9-11 am	Free

**Love to Volunteer?****CASI is starting a Royal Neighbors of America Chapter**

Do you love CASI's mission of service and support to Seniors in our community? We have exciting news and a new opportunity to serve!

**We are forming a Royal Neighbors Community Chapter at CASI!**

Royal Neighbors of America Local Chapters empower women, families and communities and support the non-profits they believe in and care about.

**Are you already a Royal Neighbors Member?**

If you have Royal Neighbors insurance, annuities or other products - you are automatically a member of Royal Neighbors and can easily become part of the CASI Chapter.

**For those who are not currently a Royal Neighbors member:**

it is easy to become a General Member and be part of CASI's Chapter.

Complete a simple registration and provide an annual membership of \$20 per year.

The benefits to CASI are many but two benefits immediately can occur:

- 1) CASI can receive important ongoing support for CASI programs and events based upon the number of volunteer hours members invest in CASI ; and
- 2) More Friends of CASI may be encouraged to share their time and talent as a CASI volunteer.

**Please consider being part of this new adventure for CASI.**

Contact Sue Rector for more details.  
srector@casiseniors.org  
563.386.7477 ext. 229

**Opportunities to support CASI and Community**

Cell phones can continue to be dropped off in the lobby of CASI for recycling. The National Council on Aging provides free shipping for us to return the phones to a cellular recycler who sends us a rebate check based on the age and brand of the phones. To date we have received close to \$200 in support of CASI's mission and another box is close to being sent.

Eye glasses can be dropped in the CASI lobby for repurposing for those in need. Our friends with local Lions Clubs make sure that they get to the right place for reuse. **THANK YOU!**

**Pro Clean Car Wash and Detailing supports Jane's Place**

Does your car need some tender loving care after dealing with our QC winter salt and grime? Thanks to the five Pro Clean Car Wash locations throughout the Quad Cities, your car's TLC will also offer you the opportunity to support CASI's Jane's Place Adult Day Services.

Pro Clean chooses a Quad Cities non profit to support and they have selected CASI's Jane's Place now through April 30.

We are grateful to Media Link, Inc. who has worked with Pro Clean to provide this opportunity for CASI and Jane's Place.

So, take care of that car and take care of area seniors struggling with dementia, Parkinson's, Alzheimer's, and other brain and physical disabilities who enjoy days filled with socialization, good nutrition, fun and stimulating activities with our caring staff at Jane's Place.





## The Latest from Jane's Place

Family Caregiver Support Group-Returning on April 7 at 4:30pm  
 When a loved one is facing limitations and requires assistance to fulfill daily activities, often a family member will step in. In time, that family member starts to experience challenges with their loved one's care. Questions start to arise, and caregiver burnout may start to set in. When this occurs, it can be comforting to know that you are not alone. Meeting someone who understands what you are experiencing can be helpful for the mind, body, and soul. Family Caregiver Support Groups are a great way to meet others facing similar challenges and learn resourceful tips to help cope with caregiving challenges.

We invite you to join us on Thursday, April 7 from 4:30pm-5:30pm in the CASI Library for the return of our Family Caregiver Support Group. This group will be led by Vicky Ertel, Senior Advocate and Grief Support Group Leader. Vicky's knowledge and experience will help to guide everyone and ease their stresses. This group will be held the 1st and 3rd Thursday of each month from 4:30-5:30pm in the CASI Library. Reservations are not required. For more information, Contact: CASI at 563.386.7477



### CASI Spring Cleaning

St. Ambrose Football team will be on site to help ring in Spring!  
 We plan to clean out areas inside and outside of the center. CASI Volunteers are encouraged to attend to help clean their areas.

**Date: April 30**  
**Day/Time: Saturday 10 am**  
**Location: CASI**



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## A Message from our Development Office

It's Birdies for Charity time in the Quad Cities and CASI is thankful for this opportunity to leverage the generous donations made by friends and supporters of CASI to enhance and grow our work for seniors in our community.

**This year CASI supporters have not one - but two - opportunities for your gifts to impact CASI.**

- 1) Birdies for charity has promised a **5% bonus minimum** on the dollars donated through Birdies (last year they gave 8% and that amounted to an additional \$17,250 for CASI's mission)
- 2) A number of generous members of the CASI Board of Directors have agreed to **match dollar-for-dollar the first \$ 25,700 donated** to CASI through the Birdies program.

**Ways to give to CASI through the Birdies for Charity program:**

- 1) Online at [birdiesforcharity.com/donate](http://birdiesforcharity.com/donate)
- 2) Complete a pledge form (available at CASI) and return it to CASI at 1035 W. Kimberly Road, Davenport, IA 52806 and we will send it in. Checks should be made payable to **Quad Cities Golf Classic Charitable Foundation.**

Our CASI Birdies for Charity number is **1134**.

Without your generous support for CASI, we could not fulfill our mission.

**THANK YOU! Your Philanthropy Powers CASI's Mission**

Questions? Contact Sue Rector at [srector@CASIseniors.org](mailto:srector@CASIseniors.org) or call 563.386.7477 ext. 229. THANK YOU!



# #1134

## Thank You to Our Sponsors and Corporate Partners 2021-22 (cont. pg. 14)

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Eye Surgeons Associates		QC Storm
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## Masonic Village



2500 Grant Street, Bettendorf | 563-359-9171 | [iowamasonic.com](http://iowamasonic.com)

*\*No long-term commitment. No buy-in fees. No Masonic affiliation needed.*

# SEE BETTER HEAR BETTER

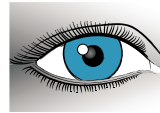
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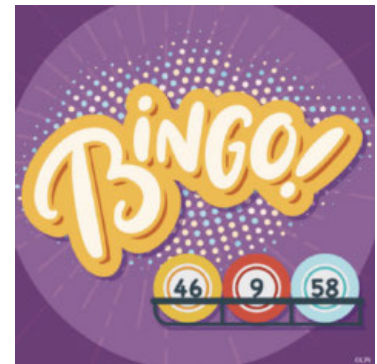
With the Covid outbreak in March of 2020, the **CASI Silver Linings Bell Choir** was forced to suspend its summer season of playing an approximately one hour concert once a week at area nursing and retirement homes. Those facilities are now open for groups like the bell choir so the choir is in the process of planning for this summer's concert season. If you'd be interested in playing in or directing the choir, please contact David Smith at 309-755-8934 or dave.smith8633@sbcglobal.net. The choir will start practicing in May with performances starting in July and going through the end of September. Substitutes are always welcome in case you can't commit to the entire season.

**Tentative Rehearsal Day/Time: Monday 10-11:30 am,  
Fee: \$2 per session.**

## Join us for Bingo

Bingo is held at CASI on Wednesday evenings with doors opening at 5 pm. The cost is a \$10 starter pack.

We have afternoon Bingo 1-3:30 pm Fridays.  
Cost is the cost of cards.  
There are concessions available for purchase.  
Come and join the fun at CASI!!



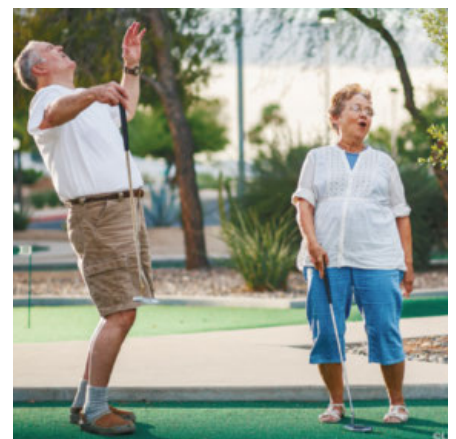
## CASI Golf League

CASI Golf League will use a scramble format. Teams will be co-ed when possible. Scramble golf gets the distinction of being the type of game where player input carries a lot of weight. Players will be placed on teams of 3-4 players, or you can determine your own team during registration. Each player in the team gets to hit a tee shot. Afterwards, all the players in the scramble team reach consensus on which shot was best. This depends on which shot had the longest drive or which one landed closest to the fairway. From there, the position of the best shot is marked on the course. Players then take their next shot from that position, take a consensus again, and select another position for the next best shot. This process is repeated throughout the hole. The team score in scramble golf is denoted by the total of best shots. Prizes will be awarded at the end of the season. Each week's session will consist of 9 holes with a cart.

**Date: May 5-September 29**

**Day/Time: Thursdays 8:30 am-12 pm**  
**\*Tee times will vary between 8:30-10 am**

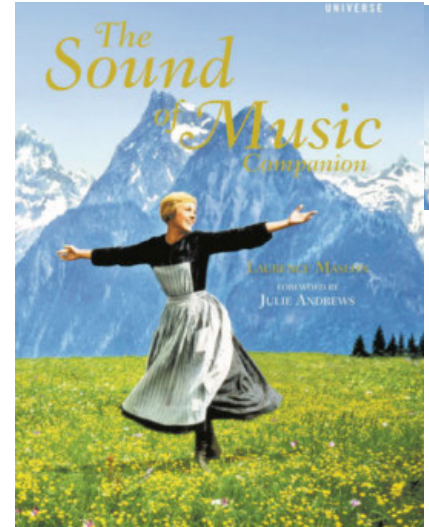
**Fees: \$20 registration fee paid at CASI to join by April 29, 2022**  
**Weekly fees paid to Redhawk for league play**  
**Ages 62 and up \$11 walking/\$21 cart per nine holes**  
**Ages 61 and below \$13 walking/\$23 cart per nine holes**  
**Location: Red Hawk Golf Course in Davenport, IA**





Our Gift Shop is all ready for Easter. Thanks to the wonderful volunteers who dedicate many hours a month to stocking, decorating and manning the desk during open hours 10 am-2 pm Monday-Friday. There are always volunteer opportunities available. Please call the front desk to learn more. The gift shop is currently looking for donations of holiday decor, DVD's, CD's, jewelry and puzzles.

**We thank our volunteers for all they do for CASI!**



## CASI Classic Movies Sponsored by Bickford Senior Living

Join us on **Tuesday, April 12, at 1 pm.** We will be showing "The Sound of Music" featuring Julie Andrews as a young novice who is sent by her convent in 1930's Austria to become a governess to the seven children of a widowed naval officer.

**Cost is \$2 per person and includes refreshments.**



Thank you so much to all our participants, volunteers, staff and friends of CASI who helped with our 40th Annual CASI St. Patrick's Day Race. It was the coldest race ever, but everyone had fun and showed their support for our Quad City Seniors!!

### Save the Date for our next events:

July 16, 2022-Rock the Lot

September 9, 2022-Our First Annual Golf Outing

November 17, 2022-Hat Bash

## Memories of Mom

Help CASI build a tree of memories for our center in May to honor our moms. You can pick up a memory form at the front desk the week of April 25 and return it by May 6 to get your memories on the tree!

**Date: Month of May**

**Fees: Free**

**Location:**

**CASI Main Street**



## An Educational Snippet from our friends at Vibrant Credit Union

Food prices have risen nearly 8 percent over the last year—not as bad as the inflation you might remember from the 1970s, but definitely the worst since then. Economists say it could be a while before we get any relief, especially at the grocery store. So we've put together a few tips to help your food dollars go further.

Consider more meatless meals. You can stretch your food dollars further by incorporating high-protein plant-based ingredients in your meals, including beans (especially paired with corn) and quinoa (like rice, but more nutritious). Or use meat as a seasoning instead of the main ingredient.

It can add a lot of flavor to vegetables, soups, and stir-fries.

Shop the lower shelves when buying groceries. Many stores place the highest-priced items at eye level so that they're the ones you reach for first. Look down and you may find some bargains.

Try your hand at vegetable gardening. Even if you don't have the space or energy to maintain a garden plot, you can grow beans, tomatoes, cucumbers, and greens in containers. Some local organizations even hand out free seeds each spring—check out the Rock Island Public Library's "seed library," for instance.



## April is Volunteer Appreciation Month

Consider honoring a special volunteer with a honorary or memorial gift to CASI during the month of April.

[www.CASIseniors.org](http://www.CASIseniors.org)

Questions: [srector@casiseniors.org](mailto:srector@casiseniors.org) or call 563.386.7477 ext. 229



## A Shout Out to our Generous Partners at Modern Woodmen

We are honored to have been chosen as the charitable focus for Modern Woodmen employees for the 2021-22 year. They have already invested generously through their sponsorship of our 2021 Hat Bash and Senior Secret Santa Program.

Watch for exciting things at CASI coming throughout the spring and summer with the support of Modern Woodmen.

Their year of support will culminate with sponsorship of CASI's Rock the Lot July 16.

Thank you, Modern Woodmen, for your investment in Quad Cities seniors and support of CASI's mission.

## More Sponsors and Corporate Partners to Thank (cont'd. from pg. 10)

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## The Mouth Body Connection

We are pleased to announce we have partnered with the Scott County Health Department's I-Smile Silver program to provide monthly oral screenings here at CASI. We will begin by having a free informational session **Friday, April 22, 11am-12 pm** to learn the importance of good oral health to avoid future problems that lead to complications such as respiratory and heart disease and diabetes. The I-Smile Silver program will provide free oral screening starting **May 20**.

All screening will be done on the 3rd Friday of the month 11 am-12 pm in the multi-purpose room.



## Red Hat Ladies Club

The Red Hat ladies Club will be gathering on Tuesday, April 5 at the Jersey Grille at 11:45 am. They meet the first Tuesday of every month. Locations vary so please call the front desk for more information.

## Margaret Stock Fitness Member of the Month

Margaret Stock is an avid member of CASI, participating in activities both inside and out of the fitness center. In life before CASI, Margaret was born and raised in Storm Lake, Iowa where she attended St. Mary's High school. After high school, she went to Clarke College in Dubuque to study sociology, minoring in elementary education. She started a career as a student teacher in Dubuque, but wanted to spread her wings and enjoy a bigger and more robust town than where she started in Storm Lake. Margaret settled on moving to the Quad Cities, where she had friends in town, and also landed a job teaching in Davenport at Harrison Elementary. Here, she spent 40 years educating the youth of future generations about life in and beyond schooling. In addition to working full time as a teacher, she also held a few part time retail gigs at Northpark Mall as well. After she retired from her job as a teacher, she worked as an administrative assistant at Runge Mortuary, before ultimately leaving that to pursue more involvement at her church.

Today, Margaret is active in her ministries at St. Paul Apostle church, is heavily involved in activities at CASI, and enjoys collecting light houses and snowmen in her free time. At CASI, you can find Margaret spending most of her time in the fitness center or partaking in the wide array of fitness classes that are offered. With a primary goal of improving her balance, Margaret started her fitness journey at CASI participating in low-impact exercise three times a week, and has since added on to her fitness workload doing chair yoga and step into balance classes, and also spending a fair amount of time exercising and socializing in the fitness center. Margaret also enjoys viewing pop-up exercise and health clinics run by St. Ambrose students, local hospitals, and other events like this. A wonderful member of the CASI community, Margaret embodies the idea of being a participant in the Quad Cities senior community. If you happen to run into Margaret while in the fitness center, or walking the halls at CASI, make sure to say hi! Making lifelong memories and friends is something she treasures and hopes to seek more of in the days ahead.

## Check Mate!



### Learn to Play Chess

The game of chess seems intimidating! Our instructor Rick Rector will give you the basics and get you ready to enjoy the challenges to come. There is evidence that playing chess helps increase memory and keeps aging brains active. Once you complete this program you will be ready to join our chess group that meets on Thursdays 2-4 PM.

Date: April 5-26  
Day/Time: Tuesdays 10-10:45 am  
Fees: FREE to Members  
Location: Library

## Sell it Saturdays

Flea market items? Home-made craft items? Direct Sales business? Home-grown produce? Home-made baked goods? Sell it Saturday! CASI will have a summer market in our parking lot with close parking and unique items for sale.

**Dates: June 4 and 11**

**July 9**

**August 6 and 13**

**Day/Time: Saturday 9 am-12 pm**

**Fee: \$15 for 2 parking spots for vendors**

**Location: CASI Parking Lot**

Please contact Amy Johnson for more information.