

CASI CONNECTIONS

MAY 2022



Center Hours

Monday Through Friday

Facility:	7:00 am - 4:00 pm
Front Desk:	8:30 am - 4:00 pm
Gift Shop:	10:00 am - 1:00 pm
Fitness Center:	7:00 am - 4:00 pm
Cafe:	10:00 am - 1:00 pm



7:00 am - 5:00pm

Newsletter Highlights

pg. 02	A Word from our CEO
pg. 03	Amy J.-Member Spotlight
pg. 05	News from Sr Advocacy
pg. 06	Daily Activities
pg. 07	Daily Activities
pg. 09	Services
pg. 10	Philanthropy Matters
pg. 14	Vibrant Views

2 A WORD FROM OUR CEO, LAURA KOPP

CASI- CENTER FOR ACTIVE SENIORS, INC



The Caregiving Carousel

Caregiving often calls on us to lean into love we didn't know possible.

It's Day 7.

On Saturday April 9, I woke at 4 in the morning to make the 7.5 hour drive to Columbus, Ohio where my brother Ryan lives. It was clear that he needed to go to the emergency room and in his current state he refused to go without his big sister. After a 7.5 hour drive, we spent almost 10 hours in the emergency department at Ohio State University Wexner Medical Center. We sat there watching Golden Girls reruns as a man writhed in pain on the floor being ignored; either because they simply didn't have the staff to care for him or because he was a "frequent flier" seeking narcotics. I'll never know. But what I did know in that moment, was this fellow human was in pain. Whether physical or psychic, his agony was palpable throughout that room and my heart broke that he was there alone. In that moment, my own fatigue vanished and was replaced by relief that I had the time and support and resources to be in this exact space caring for one of the most important people in my life. My baby brother.

In 2013, my younger (and only) brother was diagnosed with AIDS and stage IV cancer all in the same day. The cancer was what is known as an AIDS defining cancer and was the result of his immune system running amok. When I first got word he was sick, I raced home from a business meeting at Lambeau Field in Green Bay, Wisconsin. I took an entire month's leave from work to be with him every day as he underwent chemo therapy intrathecally (through his spine) and fought to rebuild his failing immune system. I was convinced throughout those days that my baby brother would die by Christmas and my one and only purpose in life was to ensure that he died peacefully and with dignity. I used those days to research his conditions, apply for disability and enroll him in Medicaid. I was so convinced he was going to die from

one or both of these diseases that I never stopped to consider how he might LIVE with them.

Over the next 9 years, Ryan's health has wavered between complete remission from cancer and undetectable HIV viral loads (this means the virus can no longer be detected in his system and more importantly he cannot transmit the virus to others) to viral loads in the thousands, mini strokes, and most recently Bell's Palsy, lack of coordination, impaired balance, and a loss of short term memory. And as I wade through the enormous and heavy decisions of guardianship and quality of life, I am reminded of not only the grave responsibility but the amazing honor it is to serve as someone's caregiver as they transition through the end of their life. While I have found myself dwelling in deep, deep caverns of grief and loss this last week, I have also discovered an even deeper font of love and compassion. A well so deep it has the capacity to drown out the worst of the pain I feel watching him suffer and fade away with this unique type of dementia.

Like a Merry-Go-Round, we have up days and down days. Other days we just go round and round and round. Running more tests, talking to more doctors and repeating conversations forgotten from just hours before. Most days I move along at the same speed as the ride and don't notice the passing of time. But other days, when I stop and step off the ride momentarily, I'm left dizzy watching what's left of our days together spin out of my reach.

It's Day 7 of The Caregiving Carousel. And my ride has just begun.

Our Mission

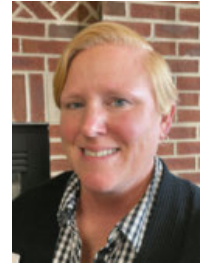
To provide services that promote independence and enrich the lives of older adults through socialization, health, wellness and supportive services.

From the Desk of Amy Johnson

I made a note a few weeks ago to talk with three walking ladies. I would see them many days a week walking CASI main street. I wanted to hear their stories and what brought them here. I tracked them down in the library and found out some details about Carol Lear, Lynn Sours and Karen Shelangoski - including their names! I told them I wanted to start highlighting members in my spot in the monthly Connections. They agreed to talk to me, and it was so nice to learn a little bit about them! Lynn and Karen have been members here for a while but just returned in December 2021. They are from Davenport. Carol just joined for the first time in February 2022. She makes the trip from Milan. They have all been friends since 1992. They are retired nurses that met while working for the health department and at Manor Care. A connection was formed that has kept them together for many years. During the height of the pandemic, they

would get together and have coffee. Today, they are so happy they can meet and walk at CASI. They love to eat, travel, color and play Mexican dominoes. I asked them if they thought that might be a good new activity at CASI and we are going to give it a try!

The three walking ladies are a great example of the friendships we have here. They take care of each other. Karen has sight issues, so she rides with one of them to get to CASI. Karen has good stamina and can walk for long periods of time. Carol has some heart issues and Lynn has a curvature of her spine, so they are working together to build up their stamina. They take breaks and sit in the library or at the many other areas there are to rest and socialize. All of them enjoy coming here and talked about some of the other places where they have walked. They agreed CASI is the best place to walk because everyone is so nice, and they feel welcome here.



Congratulations to Betty Watters CASI 2022 Volunteer of the Year!!!



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In Davenport	In Bettendorf
<p style="color: #c00000; font-weight: bold; font-size: 12px;">Luther Crest: Beautiful grounds!</p> <p style="color: #c00000; font-size: 12px;">5454 N. Gaines St., 388-8543</p> <p style="color: #c00000; font-weight: bold; font-size: 12px;">Luther Towers: Great cul-de-sac location!</p> <p style="color: #c00000; font-size: 12px;">1810 East 38th St. Ct., 359-1850</p> <p style="color: #c00000; font-weight: bold; font-size: 12px;">Spring Village: Quiet location in a park-like setting!</p> <p style="color: #c00000; font-size: 12px;">3320 Spring St., 359-6505</p> <p style="color: #c00000; font-weight: bold; font-size: 12px;">Edgewater on 3rd: Great River View!</p> <p style="color: #c00000; font-size: 12px;">401 W. 3rd, 324-2011</p>	<p style="color: #c00000; font-weight: bold; font-size: 12px;">Luther Heights: Lovely decor!</p> <p style="color: #c00000; font-size: 12px;">3116 Devils Glen Rd., 332-9250</p> <p style="color: #c00000; font-weight: bold; font-size: 12px;">Luther Manor: Property by city bus line!</p> <p style="color: #c00000; font-size: 12px;">3118 Devils Glen Rd., 332-9250</p> <p style="color: #c00000; font-weight: bold; font-size: 12px;">Luther Knoll: Next to grocery store!</p> <p style="color: #c00000; font-size: 12px;">3264 Palmer Hills Ct., 449-8318</p> <p style="color: #c00000; font-weight: bold; font-size: 12px;">Spruce Hills Vilg.: Quiet neighborhood near clinics!</p> <p style="color: #c00000; font-size: 12px;">2380 Tech Dr., 332-7700</p>

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CPR Certification Class

Get your life saving skills at CASI! We are offering a two-year certification from the American Heart Association with instructor Erik Brown. Please sign up at the front desk by Friday, April 29.

Date: May 2
Day/Time: Monday, 1-3 pm
Fees: \$110 per certification
Location: Avenues 1/3



Town Hall Meeting

Join our CEO Laura Kopp to discuss the new membership structure at CASI starting July 1, 2022.

Date: May 16
Day/Time: Monday, 1 pm
Location: Celebration Hall

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



CASI Silver Linings Bell Choir

Handbell choir is looking for new members for their 2022 season. The choir was started as a program of the Retired Senior & Volunteer Program (RSVP) and began practicing at CASI in 2012. The choir has three octaves of bells requiring 11 players and a director. The ability to read music is a practical requirement for joining the group, but previous bell ringing experience is not required. Sherrill Tyacke is our new director! The first meeting is 10 am May 9 to polish bells, and practice will start May 16. Contact David Smith at 309-755-8934 or dave.smith8633@sbcglobal.net for more details.

Day/time: Mondays 10-11:30 am
Fees: \$2
Location: Avenue 1/3

Welcome to Medicare

A FREE seminar offered by the State of Iowa's Senior Health Insurance Information Program (SHIIP) that will cover Medical Parts A and B, Prescription Drug Benefits Part D, Medicare Advantage Plans, Medicare Supplement Insurance.

Dates: June 7, August 16, and October 18
Day/Time: Tuesdays 6 pm
Fees: FREE-Register at CASI Front Desk
Location: CASI

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 Donavan Gustofson and his friends. He will keep the night moving with smooth sounds of Blues, Jazz, Country and Rock n Roll!

Dates: 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 Golden Tones will be performing at the Senior Olympics.

Date: June 2
Day/Time: Thursday 6 pm
Location: Ridgecrest Village

News from Senior Advocacy

By Lorrie Blumberg

With the first day of summer fast approaching, our thoughts turn to fun in the sun with family and friends. For most people, these hot and steamy days are the best time of year, but for older adults the summer months can be extremely dangerous. Medical studies show that people 65 years or older are less likely to sense and respond to changes in temperature due to health conditions and medications. CASI's Senior Advocacy Department encourages friends, family and neighbors to check on older adults more frequently during days of extreme heat.

It is important to check in on older adults daily and ask the following questions.

- Are you drinking enough water?
- Do you have access to air conditioning?
- Do you know how to keep cool?
- Are you able to stay in air-conditioned buildings as much as possible?

When checking on older family members and neighbors, make sure that they are not doing the following:

- Relying on a fan as their primary cooling device during an extreme heat event.
- Drinking more water than usual and not waiting until they are thirsty to drink.
- Continually using the stove or oven to cook — it will make the individual and their house hotter.

Encourage older adults to do the following if they are hot:

- Wear loose, lightweight, light-colored clothing.
- Take cool showers or baths to cool down.
- Check the local news for health and safety updates.
- Seek medical care immediately if they have symptoms of heat-related illness like muscle cramps, headaches, nausea, or vomiting.

For more information about summer heat relief or how to get a free fan, call CASI's Senior Advocacy Department at 563-386-7477.

Please help our Seniors this summer!



CASI is accepting brand-new 20 inch box style fans for its summer **"Be A Fan to Seniors Program."** CASI distributes approximately 150 fans during the summer months. Donations can be made in person or monetarily online at CASISeniors.org or by mail to CASI, 1035 W. Kimberly Road, Davenport, IA 52806.

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HEALTH AND WELLNESS

WALKING CLUB

Walkers meet at regular times to walk around Main Street. Eleven times around CASI Main Street equals a mile. Walking is available during all open hours!

Day/Time: M/W/F 8-9 am

Fees: FREE

Location: Main Street Walking Track

LOW IMPACT EXERCISE

One of CASI's most popular fitness classes and is mostly from a sitting position. Class includes hand weights, resistance bands, ball and chair. There are occasional intervals of walking, but any ability can be adapted to this class

Day/Time: M/W/F 9-10 am and

T/Th 11 am-12 pm

Fees: \$2 per session

Location: Celebration Hall Wood/Avenues 1/3

ZUMBA

Aerobic fitness exercise based on Latin American dance rhythms. Participants are taught some basic easy-to-learn movements for a fun workout.

Day/Time: M/F 10:15-11:15 am and

Th 8:45-9:45 am

Fees: \$3 per session

Location: Celebration Hall Wood

DRUMS ALIVE

Fun, choreographed workouts to music using drumsticks, stability balls, and your own power! Class is done from a sitting position and can be modified for all levels and abilities.

Day/Time: 1st and 3rd M 12-12:30 pm

Fees: \$2 per session

Location: Avenues 2/4

SHUFFLEBOARD

Low impact activity provides participants with multiple health benefits as well as an opportunity to socialize. Equipment provided.

Day/Time: M 1-3 pm

Fees: \$2 per session

Location: Celebration Hall Wood

CHAIR BASED EXERCISE

Exercise is crucial for leading an active, healthy, happy life. When you think "exercise," you might think "get up and go. Chair exercises can offer a seated routine that rivals any you've ever done on your feet! You can also do this class standing if you want to give it a try.

Day/Time: Tu 9-9:45 am

Fees: \$2 per class

Location: Celebration Hall Wood

LINE DANCING

Designed for beginners to learn all the latest moves in line dancing. It

Fees: \$1 per session

Location: Library

EUCHRE

Day/Time: W/F 12:30-3:45 pm

Fees: \$2 per session

Location: Avenues 2/4

BUNCO

Day/Time: W 2-4 pm

Fees: \$2 per session

Location: Avenues 1/3

CHESS

Our instructor Rick Rector is available to teach you how to play or facilitate chess games. Come and check it out!

Day/Time: Learn to Play Chess for Beginners-Tuesday 10-10:45 AM

provides a fun and unique way to stay in shape.

Day/Time: Tu/Th 10-11:15 am

Fees: \$2 per session

Location: Celebration Hall Wood

STEP INTO BALANCE

Class focuses on dynamic and static balance, agility to improve quickness, leg strength and stability, overall core control and many other aspects that will help keep you from falling.

Day/Time: Tu 1-1:30 pm

Fees: \$3 per session

Location: Celebration Hall Wood

CHAIR YOGA

Yoga is known to help reduce anxiety, lower blood pressure, protect joints and improve strength by loosening and stretching muscles. This class is done in a chair.

Day/Time: Tu 2-2:30 pm

Fees: \$3 per session

Location: Celebration Hall Wood

TAI CHI CHUN

Chinese martial art practiced for defense training, health benefits and meditation. Improves balance, stability and flexibility.

Day/Time: W 10:15-11:15 am

Fees: \$24 for 6-week session

Location: Celebration Hall Wood

CARDS AND GAMES

BILLIARDS

Day/Time: M/F 8:30 am-12 pm/2-4 pm

& Tu-Th 8:30 am-4 pm

Fees: \$1 per day paid prior to playing

Location: Billiards Room

BRIDGE

Day/Time: M/F 11:30 am-4 pm

Fees: \$2 per session

Location: Music Room

CANASTA

Day/Time: Tu 1-4 pm

Fees: \$2 per session

Location: Music Room

CRIBBAGE

Day/Time: Tu 2-4 pm

Play Chess-Thursdays 2-4 PM

Fees: \$1

Location: Library

EVENING BINGO

Cash prizes for each game with a progressive jackpot.

Day/Time: W Doors open at 5 pm and Early Bird Game starts at 6 pm

Fees: \$10 Starter Pack per person

Location: Celebration Hall

AFTERNOON BINGO

Games played on hard cards for fun games of chance!

Day/Time: F 1-3 pm

Fees: \$0.25 each regular games and \$0.50 each special games

Location: Celebration Hall

ARTS

UGLY QUILTS

Make quilt bed rolls for area homeless. No experience needed.

Day/Time: M 9 am-12 pm

Fees: FREE

Location: Arts and Crafts Room

SILVER LININGS BELL CHOIR

The ability to read music is a practical requirement for joining but previous bell ringing experience is not required.

Day/Time: M 10-11:30 am

Fees: \$2 per session

Location: Avenues 1/3

CROCHETING AND KNITTING

Help make hats, scarves and mittens

for local organizations that help individuals in need.

Day/Time: Tu 12:30-2:30 pm

Fees: FREE

Location: Arts and Crafts Room

CARD EMBROIDERY

Learn how to create embroidery greeting cards. A starter kit for \$10 will need to be purchased before the first class.

Day/Time: Th 9-11 am

Fees: \$2 per session

Location: Arts and Crafts Room

BOB GASTON NEW HORIZONS BAND

Come together weekly to practice and fellowship to prepare for performances

throughout the year.

Day/Time: Th 12:30-2 pm

Fees: \$2 per session

Location: Celebration Hall Wood

GOLDEN TONES CHORUS

Sing along to classic melodies and practice for performances throughout the year.

Day/Time: F 9-10 am

Fees: \$2 per person

Location: Avenues 1/3

2ND AVENUE PLAYERS

Come and be a star with our theater group. Everyone is welcome!

Day/Time: F 10:30-11:30 am

Fees: \$2 per session

Location: Avenues 1/3

GROUPS AND CLUBS

SENIOR TECHNOLOGY CLINIC

Mike Shinbori invites you to bring in tablets, laptops, cell phones, etc. with any questions.

Day/Time: T 12-2 pm

Fees: \$3 per session

Location: Volunteer Room

RED HAT CLUB

Meet once a month at local restaurants. Call CASI for more information.

Day/Time: 1st Tu 12 pm

Fees: Meal paid by participant

Location: TBD at the end of each meeting

BOOK CLUB

Join a group that loves to read! A new book each month.

Day/Time: 1st F 10 am-12 pm

Fees: \$2 per session

Location: Library

TOPS-TAKE OFF POUNDS SENSIBLY

Weight loss support group. Offers tools and programs for healthy living, weight management, and group fellowship and recognition. National Membership Dues (\$16) must be paid to start the program.

Day/Time: W 10:30 am-12 pm

Weigh In/10:30-11 am

Fees: \$1 per session

Location: Volunteer Room

CASI ADVISORY COUNCIL

Help CASI Management Team create, plan and implement programs that help shape the future of our services in the community.

Day/Time: 1st W 9 am

Location: Volunteer Room

GRIEF SUPPORT

Group meets twice a month to offer a different quality of support and connection that comes from being with people who have also recently experienced a loss.

Day/Time: 2nd/4th W 9:30-11 am

Fees: Meal paid by participant

Location: Family Restaurant
902 W Kimberly Rd, Davenport

CAREGIVERS SUPPORT

Unite with other family caregivers to share stories, tips, and resources to help with caregiving struggles.

Day/Time: 1st/3rd Th 4:30-5:30 pm

Fees: FREE

Location: Library

Birdies for Charity offers CASI supporters the chance to double their donation - plus gain bonus dollars!

It's Birdies for Charity time!

CASI is thankful for this opportunity to leverage the generous donations made by friends and supporters 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 \$17,500 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 \$ 26,300 donated to CASI through the Birdies program.

CASI is Birdies # 1134

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

1) Online at

birdiesforcharity.com/donate

2) Complete a pledge form (available at CASI) and return it to us 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. All gifts for Birdies should be received at CASI by Monday, June 6.

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 or call 563.386.7477 ext. 229. **THANK YOU!**



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!**



Walmart RISE Program - An opportunity to shop for CASI

Walmart is providing the opportunity to non-profit organizations to create registries of needed items for facilities and programs directly on the WalMart.com site. CASI has created such a registry with items shipped directly to CASI.

Consider this opportunity to purchase something for CASI to honor someone who values the CASI mission, has a birthday or upcoming event and has said those words we all hear "don't get me anything."

We will make sure to share how special the gift is to CASI.

Here is the link to CASI's Walmart RISE wish list :

<https://www.walmart.com/registry/RR/c39035ef-9785-496b-8505-6fc2ef714a28>

A big **THANK YOU** to Eye Surgeons Associates for sponsoring our 2022 Volunteer Appreciation Night! We couldn't do it without our volunteers or our sponsors!



MILESTONES AAA MEAL SITE

Open to everyone 60 years and up. Annual registration is required. 24-48-hour advance reservation required for meal planning. Call **563-386-7477, ext. 248** for a reservation.

Day/Time: M-F 11:30 am

Fees: Donation

Location: Celebration Hall Wood

SHIIP-SENIOR HEALTH INSURANCE INFORMATIONAL PROGRAM

An objective and confidential service offered through the state of Iowa to help people sort through information about Medicare. Call **563-386-7477** for an appointment.

COURTSIDE STYLING SALON

Salon for men and women. Call **563-265-2150** for an appointment. **Day/Time:** M-W and F-Sa Hours vary **Location:** Beauty Salon

HOME HELPERS

Caregivers that provide personal, non-medical care for older adults that need

help in their home. Services include bathing, dressing, feeding, shopping, companionship, light housekeeping, transportation, and much more! Call **563-386-7477, ext. 253** for more details.

NAMI-NATIONAL ALLIANCE FOR MENTAL ILLNESS

Nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. Call **563-386-7477, ext. 266** for an appointment.

BLOOD PRESSURE CLINIC

ProMedica Skilled Nursing and Rehabilitation (formerly Manor Care) will provide blood pressure checks. Susan Herman, RN, BSN, will be available for drop in visits. **Day/Time:** 1st and 3rd M 9-11 am **Fees:** FREE

Location: Multi-purpose Room

REFLEXOLOGY

The application of pressure to areas on the feet (or the hands). The theory

SERVICES 9

behind reflexology is that areas of the foot correspond to organs and systems of the body.

Call **563-349-5832** for an appointment.

Day/Time: W/Th Hours vary

Location: Multi-purpose Room

SCOTT COUNTY HEALTH DEPARTMENT I-SMILE SILVER ORAL SCREENINGS

Oral screenings offered to determine referrals for future dental care.

Day/Time: 3rd F 11 am-12 pm

Fees: FREE

Location: Multi-purpose Room

ROCK VALLEY PHYSICAL THERAPY INJURY SCREENINGS

Michelle Sarb, PT, DPT, OCS will be at CASI doing injury screenings. Please sign up for your time at the front desk.

Day/Time: 4th F 1:15-2:15 pm (appointments are set every 15 minutes)

Fees: FREE

Location: Multi-purpose Room

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A Message from our Development Office

Why does CASI have an endowment fund?

The future is hard to predict. One thing we do know is that we will need resources to fuel our mission in years to come. That is why we have established the CASI endowment fund at the Quad Cities Community Foundation. The fund is professionally managed to provide long-term, reliable, flexible funding that we can count on.

Each year, we receive a payout from the fund to support our ongoing needs. Our endowment fund benefits from the Community Foundation's investment expertise and from being part of a large investment pool.

The Community Foundation also handles all administrative details and investment responsibilities for our fund, freeing our staff to concentrate on immediate needs and our mission.

You can share your passion for CASI with future generations. There are a variety of ways to give that will provide you with maximum tax and financial benefits, including:

- A gift made in your will or trust
- A gift that pays you income for life
- A gift of life insurance or retirement plan assets

We hope that you will play a part in our future. To learn more, please contact Sue Rector or the Community Foundation



Sue Rector
Director of Development
srector@casiseniors.org
563.386.7477 ext. 229



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

7G Distributing	Glynn's Creek Golf Course	LivWell Seniors
Adler Theater	Green Buick GMC	Main Street Coffee
American Honda	Hampton Inn - Davenport	Mel Foster
Arconic	Happy Joes	Meraki Salon
Ascentra Credit Union	Health Alliance	Merle Norman
Ballet Quad Cities	Heritage Landscape Design	Midwest Complete Construction
Bally's Quad Cities	Home Helpers	Milestones Area Agency on Aging
Barton Solvents	Hubbell Waterman	Mississippi Valley Oral and
Bettendorf Presbyterian Church	Humana	Maxillofacial Surgery
Black Hawk Bank & Trust	HyVee Food Stores	Modern Woodmen
Capri College	IBEW Local 145	Molyneaux Insurance, Inc.
Celebration Belle	Icons Martini Bar	National Mississippi River Museum
Cities Insurance Group	IHeart Media	and Aquarium
City of Davenport	IH Mississippi Valley Credit Union	Northwest Bank & Trust Co.
Coffee House	Illinois Casualty Insurance	On the Avenue Spa and Salon
Dan Dolan Homes	Iowa Children's Museum	Our Lady of the River Catholic Church
Davenport Parks and Recreation	Iowa American Water Company	Pearson Bollman Law
DECCO	IA-IL Senior Solutions	Pinnacle Country Club
DeSoto House Hotel	Isabel Bloom	Plus 60
Doris & Victor Day Foundation	Jaycees of the Quad Cities	Prairie Farms Dairy
Eaton	Kwik Star	Putnam Museum
Eastern Iowa Tire	KWQC	QC Botanical Center
Esterdahl Mortuary	La-Z-Boy Furniture	QC Community Foundation
Eye Surgeons Associates		QC Music Guild
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CASI Center for Active Seniors, Davenport, IA

D 4C 01-1417

Camp CASI

It's back! Camp CASI is a great opportunity for grandparents to have summer fun with their grandchildren. We will explore the outdoors, make arts and crafts, enjoy reading and writing, play sports and games, listen to fun guest speakers, and of course go on a fun field trip in the QC! Register by June 1. Limited slots available.

Date: June 6-10 Monday-Friday
Time: 12:45-4 pm
Ages: 6-10-year-old grandchild
Fees: One grandparent/grandchild \$125
Add-ons: \$25 for each additional grandparent
 \$50 for each 6-10-year-old grandchild
Location: CASI

Chair Based Exercise-New Class!

Exercise is crucial for leading an active, healthy, happy life. When you think "exercise," you might think "get up and go". Chair exercises can offer a seated routine that rivals any you've ever done on your feet! You can also do this class standing if you want to give it a try.

Date: Every Tuesday starting May 3
Day/Time: Tuesday 9-9:45 am
Fees: \$2 per class
Location: Wood Floor Celebration Hall

Walk Down Memory Lane with Dad

Help CASI build a memory lane of memories of dad in June. You can pick up a memory form at the front desk the week of May 23 and return it by June 6 to get your memories in!

Date: Month of June
Fees: Free
Location: CASI Main Street

**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





**CASI Movie Matinee
Sponsored by
Bickford Senior Living**

An adaptation of the 1957 musical. West Side Story explores forbidden love and the rivalry between the Jets and the Sharks, two teenage street gangs of different ethnic backgrounds.
Tuesday, May 24, 1-3 pm \$2

Grillin and Chillin at CASI
The grill will be fired up and you can enjoy all the flavors of a good old-fashioned cookout. Register by June 9.

Date: June 14
Day/Time Tuesday, 11 am-1 pm
Fees: \$9 per person
Location: Eleanor's Café

**Senior Housing 101
Presented by Senior Star**

Join us at CASI as Senior Star will present the topic of Senior Housing 101. This presentation will go over the following topics: Senior living options, key differentiators seniors are looking for in housing, cost of senior living and what to look for when you schedule a visit. Get all of your questions answered and learn what your options are for yourself or a loved one

Date: May 12
Day/Time: Thursday 9-10 am
Fees: FREE-Register by May 10
Location: Avenues 1/3



CASI May Book Club

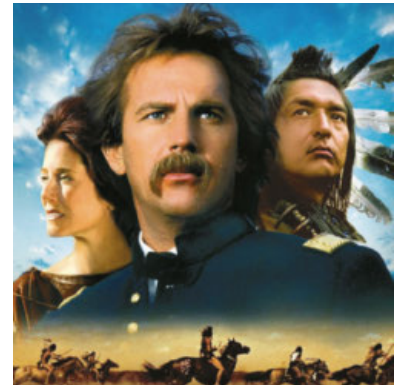
"Garden of Stones" by Sophie Littlefield. Lucy Takeda is just fourteen years old, living in Los Angeles, when the bombs rain down on Pearl Harbor. Within weeks, she and her mother, Miyako, are ripped from their home, rounded up along with thousands of other innocent Japanese-Americans and taken to the Manzanar prison camp.
May 6, 10 am-12 pm. \$2

**Rock Valley Physical
Therapy Injury Screenings**

Michelle Sarb, PT, DPT, OCS will be at CASI doing injury screenings.
Date: 2nd & 4th Friday of each month
Day/Time: 1:15-2:15 pm (appointments are set every 15 minutes)
Fees: FREE-Sign up at the front desk in advance
Location: Medical Room

**Scott County Health
Department's I-Smile Silver
Oral Screenings**

Carole Ferch, RDH will be at CASI to provide free oral screenings for anyone that needs a referral.
Date: 3rd Friday of each month
Day/Time: 11 am-12 pm
Fees: FREE-Drop-ins welcome
Location: Multi-purpose Room.



**CASI Classic Movies
Sponsored by
Bickford Senior Living**

Join us on **Tuesday, May 10 at 12:00 pm, \$2.** We will be showing "Dancing With Wolves". Lieutenant John Dunbar, assigned to a remote western Civil War outpost, befriends wolves and Native Americans making him an intolerable aberration in the military.

**Bob Gaston New Horizon
Band and Golden Tones
Performance**

Both groups will be performing at the Rock Island Arsenal on Memorial Day at 10:30 am.

Memories of Mom

Help CASI build a tree of memories 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



Financial Education Snippet from our Friends at Vibrant

Imposter scams are on the rise and they're getting more sophisticated. When your Caller ID says your bank is calling, is it really your bank? Is that email telling you to log in to your account and change your password really from the company it says it's from? Does that link the pharmacy texted you with your prescription status really go to their website? In a world where you can't automatically trust the person on the phone, in your inbox or in your text messages, how do you protect yourself? Here are a few tips. Absolutely never, ever, share your account login ID or password with anyone you don't know

personally. Your bank, your pharmacy, your insurance company and even Amazon shouldn't need your login information to view your information, it's already on file. Keep your bank account number and/or routing number to yourself. Otherwise, an unscrupulous person may use your money to make unauthorized purchases. When in doubt, ask callers for their number and tell them you'll call them back. Then, instead of calling the number they give you, look up the main number for the organization they say they're from; your bank, the IRS or even a charitable organization looking for a donation, and call that number instead.



May is Older Americans Month

Consider honoring a special older adult with a honorary or memorial gift to CASI during the month of May.

www.CASIseniors.org

Questions: srector@casiseniors.org or call 563.386.7477 ext. 229



CASI landscaping and spruce-up planned by Modern Woodmen employees!

For a number of years, we have had a wish list of projects we have wanted to undertake to landscape our CASI property. We have a beautiful building inside and we are situated in a prominent location on Kimberly Road. We have dreamed of what beautiful landscaping could do to enhance our facility and beautify our northwest Davenport community.

On May 13, Modern Woodmen employees will be investing well over \$18,000 to bring our landscaping dreams to reality. Hundreds of Modern Woodmen employees will be present on that day to plant trees and flower beds, to do yard maintenance and so much more. We are so excited and grateful. 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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Riverside Casino & Resort
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Senior Star at Elmore Place
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Hosts an Educational seminar the first Wednesday of the month January - September

RESERVATION INFORMATION:

- Limited to the first 25 people per session.
- Please RSVP today to reserve your spot.



Call 563-359-0854

- CASI is located at 1035 West Kimberly Road in Davenport, Iowa.
- Can't make the meeting?

Call for an individual appointment at your home or in our office.

Visit www.citiesig.com or scan the code with your mobile device.



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Luther Heights:
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3116 Devils Glen Rd., 332-9250

Luther Knoll:
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Luther Manor:
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3118 Devils Glen Rd., 332-9250

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Eleanor's Cafe

Open M-F 10 am-1 pm

You will see some changes in our menu starting in May! Stop by the front desk to see what specials we have to offer each week in addition to our regular items and soup of the day

Senior Homes Community Clean-Up Day

CASI and Modern Woodmen of America are partnering to provide the community with a clean-up day! Modern Woodmen volunteers will come to your house to pick up branches and trash, rake and pick up leaves, (with your hose) hose off patios, decks, and driveways, wash windows, remove old mulch and lay new mulch, plant flowers, and mow lawns (with your mower). They will bring rakes, leaf bags/stickers, Windex/paper towels, mulch and flowers/soil.

Date: May 21

(Rain Date- June 4)

Day/Time: Saturday, 9 am-4 pm

Fees: FREE-Must call CASI to register by May 6 at 563-386-7477



Red Hat Ladies Club

The Red Hat Ladies Club will be gathering on Tuesday, May 3, at Harlan's at 11:45 am. They meet the first Tuesday of every month. Locations vary so please call the front desk for more information.

CASI will be closed on Monday, May 30 in honor of Memorial Day.

LGBT Awareness

Join our guest Chase Norris, Executive Director, from Clock Inc. to hear his transgender journey. In 2015, Chase accepted a position at Western Illinois University in Moline, as a counselor education graduate student. For his final independent study, he made a documentary of his transition from the perspective of his friends and family. He later started the very first LGBT+ group at his internship site, which prompted the organization Clock, Inc. located in Rock Island on Blackhawk Road.

Date: June 8

Day/Time: Wednesday, 10-11am

Fees: FREE-Register by June 3

Location: Library

Welcome to Medicare

A FREE seminar offered by the State of Iowa's Senior Health Insurance Information Program (SHIIP) that will cover Medical Parts A and B, Prescription Drug Benefits Part D, Medicare Advantage Plans, Medicare Supplement Insurance.

Dates: June 7, August 16, and October 11

Day/Time: Tuesdays 6 pm

Fees: FREE-Register at CASI

Front Desk by calling or stopping

Location: CASI

Price is Right Game

presented by Beacon of Hope Hospice

Scott Southward from Beacon of Hope Hospice will be leading the Price is Right Game. There will be prizes and information available.

Date: May 17

Day/Time: Tuesday 1 pm

Fees: FREE-Drop-in

Location: Library

Modern Woodmen Rock and Roll Bingo Fundraiser

This isn't your grandma's bingo! Come party with us as we spin music and give away prizes while you play bingo to the music. The numbers have been replaced with 20-30 seconds of the most toe-tappin', booty wigglin', chair dancin' sing-along-songs from the past and present. There will be ten rounds for \$10, but you can purchase additional cards to increase your chance of winning! Bring your daubers, pens, markers, or highlighters to mark your cards. Prizes will be given out after each game. Tables of 8 can be formed or you can register as an individual. Come out and have fun while supporting CASI!

Date: May 14

Day/Time: Saturday, Doors open at 6 pm

Bingo starts at 7 pm

Fees: \$10 per person

Location: CASI



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, 11, July 9, August 6, 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.