

# CASI CONNECTIONS

JUNE 2022



## Center Hours

Monday Through Friday

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



7:00 am - 5:00pm

563-265-2001

### 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

Caregiving Carousel: Week 2  
Can we talk about the strangers?

Stranger #1: Jillian

Jillian was the first nurse we had when Ryan was admitted to the hospital. Having worked with professionals in the medical field for years during my time working in the child abuse field, I knew these nurses were over worked and underpaid. Following COVID, I knew these nurses' souls were parched and in desperate need of rest and rejuvenation. None of which they were finding in 12 hour shifts with no lunch and cranky patients. Yet Jillian managed to PAUSE and recognize that my brother's future health was at risk in ways the physicians doing rounds could not see and that as my brother's Medical POA, I needed to be more included in my brother's care. Jillian advocated for me, and by extension my brother, with the Charge Nurse, who immediately mandated I be included in all care planning meetings/discussions. And the next day, Jillian was gone. We did not know at the time that Jillian was a traveling nurse wrapping up her "tour of duty" at OSU Hospital. The very next morning, she left for home in California and I was left feeling like I had been blessed with an angel just when I needed one the most. She paused long enough to see a broken system not equipped to adequately serve my brother and she interceded in a way that impacted the course of his care for the next 3.5 weeks.

Stranger 2: Damon

I think as caregivers, there comes a moment of intense clarity when you realize the significance of your loved ones' diagnosis. You see the impact this illness will have on their lives forever and the ripples that will have in your own life. For me, that day was the day my brother looked at me and said, "I'm not going to get better, am I?". Hearing the soul deep grief of that realization in someone so young was enough to break my heart. Bearing the weight of what that meant for all of us who loved him, was enough to shatter it. It was in this moment of existential loss, that I found a quiet corner of the hospital where I shed tears from a well of grief so deep I thought I'd never crawl out. The kind of crying that you know will be both cleansing and healing but only if you survive the flood of it. Then Damon appeared. Damon, an orderly with the hospital, heard my whimpering and recognized a fellow human in pain. He PAUSED mid stride, turned around and looked me directly in the eye before asking, "Are you ok?" In my mind all I could think was, "I'm never going to be ok again." But as a woman and a mother and just a decent human being, I did what we all do in times like these. I lied. I told him I was fine and just needed some air. Like others before him, Damon left feeling awkward and anxious to leave my well of sorrow. As I returned to my crisis of consciousness, I lost track of time and soon looked up to find Damon again standing in front of me. Holding a box of tissues, he said to me, "You're a terrible liar." Handing me the tissues he asked,

"Is there anything I can do for you?" I just shook my head. So touched by his kindness that I couldn't speak. Damon then said, "My name is Damon. If there is ANYTHING you need while you are here, just ask for me and I will make it happen." This man. This orderly; spoke to me with the compassion and command of the CEO of the hospital. And I believed him. I stopped feeling alone in that moment and realized the grief I was carrying was visible to the special ones around me willing to pause and take note. Knowing my struggle was not invisible and that I had a hand to reach out to should I need it, brought all my shattered pieces back together again. I never saw Damon again after that day.

Stranger 3: Don

As only those who have spent weeks on end at a hospital, I returned many nights to my hotel (I stayed at 8 in total) with the look of a refugee who has just barely survived war each day. One particularly rough day, I was once again forced to change hotels and arrived absolutely exhausted. The kind of exhausted where if a doctor asked you to take a deep breath you'd decline making such a Herculean effort. As I was checking in, an older man (mid 80's maybe) asked if I too had someone I loved at the hospital, to which I replied yes. He responded, "My wife is at The James". I knew all too well that "The James" was the cancer hospital. I offered my condolences and continued to check in. As I dragged my bags (and my butt) towards the elevators, all the while consumed with self pity and personal grief, I caught movement out of the corner of my eye. I PAUSED long enough to see the same older man now resting his forehead on his arm which was bracing him up against the wall. I could not only see that he was wracked with sobs but I could feel his utter grief as only another kindred lost soul could. I recognized his pain as my own. I did not recognize the font of strength I tapped into as I dropped my bags and went to him. I gently tapped him on the shoulder and asked if there was anything I could do for him. Like the rest of us liars in this boat, he said no and simply waived me off. But like Damon, I persisted. I asked if I could give him a hug as I suspected we both needed it. And as this stranger (I now know him as Don) fell into my arms for an embrace that I am certain his soul craved more than his body, I received the largest dose of healing and love I have ever felt. I found respite in this quiet and gentle moment between two complete strangers who knew each other's pain so intimately. And in stepping outside my of my own grief to offer a shoulder to someone else, I found grace and humanity and the strength to fight another day.

### Our Mission

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

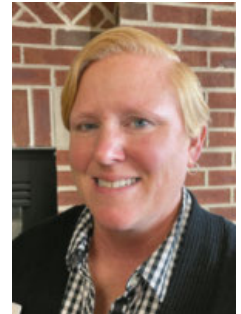


## From the Desk of Amy Johnson

Sharon Batten is a long-time member and volunteer at CASI. I met her in the first few days I started and learned right away she was deeply committed to our mission.

She is involved in fitness, cards, advisory council, social events, and the overall eyes and ears of CASI. You will see Sharon at CASI every day. Sometimes she is here twice a day. She is also a key component to our gift shop. CASI Gift Shop operates on volunteers and donations only. The shop workers are all volunteers that keep it open Monday-Friday from 10 AM-1 PM and Wednesday evening from 5-6 PM during Bingo. Sharon works with them to find donations for the items sold in the gift shop. She and other volunteers also makes blankets, aprons, potholders, scrunchies and anything else they can make from the fabric and material we receive through donations. She transforms the gift shop from one holiday to the next. The red hearts for Valentine's Day go right into the green shamrocks for St. Patrick's Day. She also goes all out for Christmas!

We are so lucky to have such a loyal member that cares so much about CASI. Sharon is one of the many reasons that CASI is such a special place in our community. If you haven't been in our gift shop, you need to check it out! We are always looking for volunteers in the gift shop as well. Please contact us if you are interested. There are lots of ways you can help. 563-386-7477.



 <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>HOMEWOOD 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>SUPPORT OUR ADVERTISERS!</b></p> 	<p><b>Place Your Ad Here and Support our Community!</b></p> <p>Instantly create and purchase an ad with</p> <p><b>AD CREATOR STUDIO</b></p>  <p><a href="https://lpicomunities.com/adcreator">lpicomunities.com/adcreator</a></p> 
<p><i>Where the experts are... for surgery you'll feel good about.</i></p>  <p>MISSISSIPPI VALLEY SURGERY CENTER mvhealth.net Davenport, IA</p>	<p><b>Thrive Locally</b></p> 	



## Coffee Talk with Health Alliance

Can we talk? Join Denny Mekus from Health Alliance to discuss many topics from how to make sense of Medicare to healthy aging. He will be here once a month to answer questions and get to know the members of CASI!

**Date:** June 27  
**Day/Time:** Monday, 10 am (the last Monday of every month)  
**Fee:** \$2 for a cup of coffee if you want one  
**Location:** Eleanor's Café



### Reminder:

There will be no Chair Yoga or Step Into Balance classes on June 7. Classes will resume on June 14.

## Monthly Member Potluck

Each month CASI will provide room space, coffee, water and table settings for members to gather for a breakfast potluck. We encourage all members and activity groups to gather and socialize! Please bring a breakfast item to share with the group.

**Date:** 1st Thursday of each month  
**Day/Time:** 9-10:30 am  
**Fees:** FREE  
**Location:** TBD

## CASI Silver Linings Bell Choir

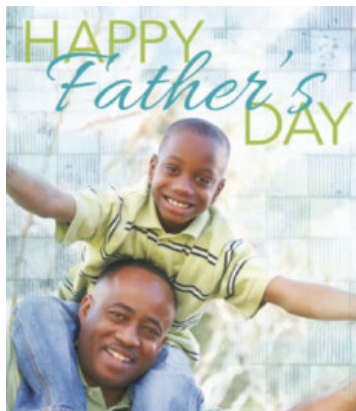
Handbell choir is looking for new members for their 2022 season. The choir was started as a program of the Retired Senior & Volunteer Program (RSVP) and began practicing at CASI in 2012. The choir has three octaves of bells requiring 11 players and a director. The ability to read music is a practical 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, & October 11  
**Day/Time:** Tuesdays 6 pm  
**Fees:** FREE-Register at CASI  
**Front Desk**  
**Location:** CASI



## Rock Valley Physical Therapy Seminars-LSVT BIG

LSVT BIG trains people with Parkinson disease (PD) to use their body more normally. People living with PD or other neurological conditions often move differently, with gestures and actions that become smaller and slower. They may have trouble with getting around, getting dressed and with other activities of daily living. LSVT BIG effectively trains improved movements for any activity, whether "small motor" tasks like buttoning a shirt or "large motor" tasks like getting up from sofa or chair or maintaining balance while walking.

**Date:** June 16  
**Day/Time:** Thursdays, 9 AM  
**Fees:** FREE-Sign up at Front Desk by June 13  
**Location:** Multi-purpose Room



## Golden Tones

The Golden Tones will be performing at the Senior Olympics.

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



## News from Senior Advocacy

By Lorrie Blumberg

Senior Advocacy and Service Coordination at CASI

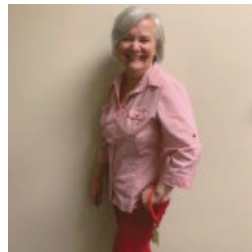
CASI's Senior Advocates and Service Coordinators help families through the maze of information on care options and services for older adults in our community. The goal of the program is to help adults stay independent, enjoy quality of life, remain connected to the community, and stay in their home for as long as it is safe and financially sound. Meetings with Senior Advocates are private and confidential unless permission to share is given by the older adults and/or a caregiver with Power of Attorney privileges. Our services are free. Our Senior Advocates assist more than 2,000 seniors and their families each year with questions, concerns and needs regarding:

Housing, transportation legal issues, health-related issues, in-home care, facility placement, Government benefits, senior programs, health & long-term care,

insurance & assistance programs, waiver forms, referrals to various agencies, emergency food assistance, Be Fan for Seniors Program, emergency funding, Senior Secret Santa program and can assist with completing forms and applications for many programs and services.

CASI has Service Advocates available at our Senior Community Center on West Kimberly Road. In addition, we have Service Coordinators on-site at Edgewater on Third, Luther Crest, Luther Manor/Luther Heights, Luther Towers, and Spruce Hills Village to help residents with care needs.

Call with questions or referrals  
(563)386-7477.



**Trust RxPerts  
serving the  
community for  
over 20 years!**



We are your local, independent, retail pharmacy. We offer specialized services including: compliance/blister packaging packaged by a pharmacist, Med Sync Program that matches up all your maintenance medications on one day a month (no more multiple trips to the pharmacy!!), and free local delivery.

**AmiCare**  
PHARMACY, INC.

**Your Locally Owned  
HealthMart**  
PHARMACY

Contact Bettendorf Amicare for your drug packaging options. We offer various packaging to eliminate the need to fill medication boxes every week. Let the pharmacy do it for you!

This pharmacy is independently owned and operated under a license from Health Mart Systems, Inc.

3740 UTICA RIDGE ROAD  
BETTENDORF, IA 52722

563.344.7450  
TOLL FREE: 855.944.7450

AMICAREPHARMACY.COM

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

## DAVENPORT LUTHERAN HOME

QUALITY CHRISTIAN CARE



*Assisted Living, Skilled Care,  
Long Term Care & Memory Care*

563-391-5342 | [www.lhaa-e.org](http://www.lhaa-e.org)  
1130 W. 53rd St. Davenport, IA

## 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

### 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:** Avenues 1/3

### LINE DANCING

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

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 play

**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

**Fees:** \$1 per session

**Location:** Library

### EUCHRE

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

**Fees:** \$4 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

Play Chess-Thursdays 2-4 PM

**Fees:** \$2

**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 11:00 am-12:00 pm

**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 (\$49 per year) Chapter annual Dues (\$24) 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



## THANK YOU to all the Birdies for Charity support for CASI

We are grateful to all those who have already supported CASI through the Birdies for Charity opportunity to double your donations + bonus.

We are thrilled to report that our Board of Directors challenge has encouraged many donations and we are so grateful.

There is still time to participate and take advantage of this opportunity to impact area seniors and put your dollars to work in the community.

The deadline for contributions to count toward the Birdies Bonus is Friday, June 10.

You can give online at [www.birdiesforcharity.oc/donate](http://www.birdiesforcharity.oc/donate) up to that day.

The final day that we can accept your pledge forms at CASI for submission is Monday, June 6.

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



## CASI is Birdies # 1134

## Royal Neighbors Community Chapter has been established at CASI

Sixteen CASI volunteers have signed our charter membership and we are ready to plan our first opportunities of community service. Becoming a member of Royal Neighbors is simple and we would welcome anyone in the community to join us. We meet each month briefly at CASI on the first Wednesday of the month at 10 a.m. Meeting attendance is optional. If you are currently a Royal Neighbors member or would like to consider becoming a member (which involves a simple application and \$20 annual dues), please contact Sue Rector at [srector@casiseniors.org](mailto:srector@casiseniors.org) or call 563.386.7477 ext. 229.

## With our Thanks

Watch for a new addition outside the Jane's Place entryway. Thanks to John Deere Harvester Works a new Little Free Library will be available for all to pick up a new book to read and/or drop off a book you have finished for someone else to enjoy. Thank you, John Deere Harvester Works, for this special gift.



## Cell phones and Eyeglasses make a big difference!

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!**



## With our Thanks

As part of our **Rock the Lot fundraiser on Saturday, July 16, we will have a terrific raffle package opportunity thanks to Thrivent Financial and one of their Thrivent Action Teams who donated funds to put together an outdoor grill package.** Watch for your opportunity to purchase raffle tickets and take a chance on a brand new grill and accessories!

**Thank you Thrivent, we are grateful!**



## 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

## When you choose a retirement community, Where You Live Matters

Give yourself the gift of a truly worry-free lifestyle combined with the security of a village. Take control of your future while enjoying camaraderie, friendship, and activities in a warm, welcoming community.

We invite you to schedule a tour to see for yourself why we say, "Ridgecrest Village, Make Yourself At Home."

Call us today at  
**(563) 391-3430**  
to learn more about everything  
Ridgecrest has to offer, including our  
smart Lifecare option.



4130 Northwest Blvd., Davenport, IA  
RidgecrestVillage.org



## A Message from our Development Office

### ***Gifts given by Friends of CASI fuel our mission throughout the year***

The National Council on Aging (NCOA) has shared some key advantages for seniors who choose to regularly participate in activities and programs at a Senior Center. CASI is the only comprehensive, nationally accredited Senior Center in a 50 mile radius of the Quad Cities. We take our mission very seriously and agree wholeheartedly in NCOA's assessment that those who take advantage of a Senior Center learn to manage and delay the onset of chronic disease and experience measurable improvements in their physical, social, spiritual, emotional, mental, and economic well-being. Senior Centers, like CASI, give participants a sense of purpose.

CASI is an independent non-profit organization which receives limited support from government sources and depends primarily on generous individuals and corporate partners to give in support of programs, activities, facilities for area seniors. CASI's fiscal year ends June 30. Please consider a gift to CASI to help us end the year in good stead and prepare for a fun, energetic and fulfilling year to come. Thank you. Give today at [www.CASIseniors.org](http://www.CASIseniors.org).



Sue Rector  
Director of Development  
[srector@casiseniors.org](mailto:srector@casiseniors.org)  
563.386.7477 ext. 229

**June is a month to  
celebrate all Dads young  
and old. Consider  
honoring a Dad,  
Granddad, Stepdad, or  
other nurturing "dad"  
through a gift in their  
name to CASI.**

**Join us Friday, June 17  
for Dad's Day treats too!**

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

7G Distributing  
Adler Theater  
American Honda  
Arconic  
Ascentra Credit Union  
Ballet Quad Cities  
Bally's Quad Cities  
Barton Solvents  
Bettendorf Presbyterian Church  
Black Hawk Bank & Trust  
Capri College  
Celebration Belle  
Cities Insurance Group  
City of Davenport  
Coffee House  
Dan Dolan Homes  
Davenport Parks and Recreation  
DECCO  
DeSoto House Hotel  
Doris & Victor Day Foundation  
Eaton  
Eastern Iowa Tire  
Esterdahl Mortuary  
Eye Surgeons Associates  
Exelon  
Family Museum  
Fleet Feet

Glynn's Creek Golf Course  
Green Buick GMC  
Hampton Inn - Davenport  
Happy Joes  
Health Alliance  
Heritage Landscape Design  
Home Helpers  
Hubbell Waterman  
Humana  
HyVee Food Stores  
IBEW Local 145  
Icons Martini Bar  
IHeart Media  
IH Mississippi Valley Credit Union  
Illinois Casualty Insurance  
Iowa Children's Museum  
Iowa American Water Company  
IA-IL Senior Solutions  
Isabel Bloom  
Jaycees of the Quad Cities  
Kwik Star  
KWQC  
La-Z-Boy Furniture

LivWell Seniors  
Main Street Coffee  
Mel Foster  
Meraki Salon  
Merle Norman  
Midwest Complete Construction  
Milestones Area Agency on Aging  
Mississippi Valley Oral and  
Maxillofacial Surgery  
Modern Woodmen  
Molyneaux Insurance, Inc.  
National Mississippi River Museum  
and Aquarium  
Northwest Bank & Trust Co.  
On the Avenue Spa and Salon  
Our Lady of the River Catholic Church  
Pearson Bollman Law  
Pinnacle Country Club  
Plus 60  
Prairie Farms Dairy  
Putnam Museum  
QC Botanical Center  
QC Community Foundation  
QC Music Guild  
QC Storm  
Quad City Bank & Trust



## 1 & 2 Bedroom Villas

Masonic Village is a retirement community that offers the independence & privacy of condominium style living. Enjoy all the benefits of having your own home without the worries or unexpected costs that go along with home ownership! You simply pay a monthly rental fee & leave the rest to us!



- ✓ Condominium-style living without the demands or expenses of home ownership!
- ✓ Complete appliance package included!
- ✓ Lawn care and snow removal included!
- ✓ Simplify finances as all utilities are included in your monthly rent (\*except phone/cable).
- ✓ Enjoy outdoor living space with small yards and patios/decks.
- ✓ Fun outings, social activities and fitness classes.

**Features & Amenities**

Don't wait another winter to make a move!

Call Meagan today for your personal tour of our beautiful villas!

## 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.*



**Grand Haven**  
RETIREMENT COMMUNITY

INDEPENDENT LIVING - TOWN HOMES - ASSISTED LIVING - MEMORY CARE

201 E FRANKLIN ST.  
ELDRIDGE, IA 52748

563. 285. 4900



**Comfort Keepers**

Elevating the Human Spirit

## A daily dose of joy

### In-Home Care Services

- Personal care
- Safety solutions
- Companionship and housekeeping
- 24/7 live-in care
- Dementia and Alzheimer's care
- Respite care

**(563) 424-7777**

3420 Elmore Ave, Davenport, IA 52807  
Davenport-977.ComfortKeepers.com

© 2020 CK Franchising, Inc. Most offices independently owned and operated. 0320

**SEE  
BETTER  
HEAR  
BETTER**

**VISION AND  
HEARING**



See and hear everything you hold dear.  
Schedule both vision and hearing exams at Eye Surgeons.

(563) 323-2020 | (309) 793-2020

[ESAyecare.com](http://ESAyecare.com)



**Eye Surgeons Associates**

Medical • Surgical • Optical

Providing Your Best Vision For Life

Eye Exams | Hearing Services | Cataracts | Glaucoma  
Diabetic Eye Disease | Macular Degeneration

**GROW YOUR  
BUSINESS  
BY PLACING  
AN AD HERE!**

**CONTACT US!**

Contact Teresa Perkins

to place an ad today!

[tperkins@lpicommunities.com](mailto:tperkins@lpicommunities.com)

or (800) 950-9952 x2611



**Audiology Consultants, P.C.**

*Helping You  
Hear Better!*



**DAVENPORT, IOWA**  
2215 E 52nd St., Ste. 2  
(563) 355-7712

**MUSCATINE, IOWA**  
3426 N Port Dr., Ste. 500  
(563) 264-9406

**MOLINE, ILLINOIS**  
600 Valley View Drive  
(309) 517-3889

**GENESEO, ILLINOIS**  
Hammond Henry Hospital  
600 College Avenue  
(309) 944-9181

[audiologyconsultants.com](http://audiologyconsultants.com)



For ad info. call 1-800-950-9952 • [www.lpicommunities.com](http://www.lpicommunities.com)

CASI Center for Active Seniors, Davenport, IA

D 4C 01-1417



**Would you like to support the First Annual CASI Golf Outing but are not a golfer?**

Here are some opportunities to support CASI through cash sponsor levels:

\$1000 -Eagle  
 \$500-Birdie  
 \$250-Par  
 \$100-Bogey



All sponsors will be listed on our program the day of the event and thanked in Connections unless they would prefer to be anonymous. Please contact Cyndi Koenes at [ckoenes@casiseniors.org](mailto:ckoenes@casiseniors.org) or 563.386.7477 ext. 235. We will also be looking for volunteers the day of the event and for prep of gift bags before.

**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

**SAVE THE DATE**

**CASI's Rock the Lot**  
**Saturday, July 16, 2022**  
**Gates open at 4pm**  
**Tailfins perform 5-8 pm**  
**Soul Storm performs 8:30 pm-12 am**  
**Food and Drinks available for purchase**  
**Tickets \$10 at the gate**  
**No outside food or drink allowed**  
**Children under 12 free**  
**Bring your lawn chairs and blankets.**

**SAVE THE DATE**

**CASI's First Annual Golf Outing**  
**Friday, September 9, 2022**  
**Glynns Creek Golf Course**  
**9 am Shotgun Start**  
**Best Ball Tournament**  
**\$100 per Golfer**  
**(Includes green fees, cart, lunch, gift bag & one drink)**  
**Register at**  
**[www.GetMeRegistered.com/CASIChipInFore](http://www.GetMeRegistered.com/CASIChipInForeSeniors)**  
**Seniors**  
**Sponsorships available. Contact Cyndi Koenes at**  
**[ckoenes@casiseniors.org](mailto:ckoenes@casiseniors.org) or 563.386.7477 ext. 235**





### CASI Classic Movie Sponsored by Bickford Senior Living

This is a 1949 musical starring Judy Garland and based in Chicago. Andrew and Veronica are co-workers in a music shop who dislike one another during business hours but unwittingly have a romance after hours.

**Tuesday, June 14, 1pm \$2**

### Grillin and Chillin at CASI

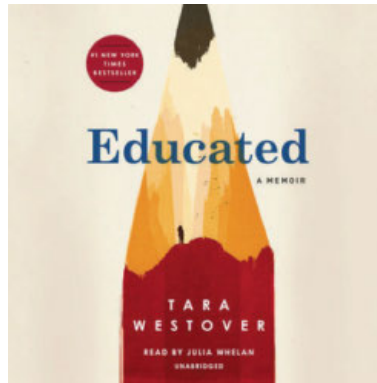
The grill will be fired up and you can enjoy all the flavors of a good old-fashioned cookout. Register by June 9.

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

### Healthy Eating and Nutrition Presented by Humana

Join Sue Duecy from Humana to discuss the benefits of maintaining a diet with healthy foods.

**Date:** June 29  
**Day/Time** Wednesday, 10:15-11 am  
**Fees:** Free  
**Location:** Library



### CASI June Book Club

"Educated" by Tara Westover is a gripping memoir about her unconventional upbringing and her journey toward education and independence.

**Friday, June 3, 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  
**Location:** Multi-purpose Room

**There will be no screenings in June. Screenings will resume the 3rd Friday in July.**



### CASI Movie Matinee Sponsored by Bickford Senior Living

Join us on **Tuesday, June 28 at 1:00 pm, \$2.** We will be showing "Dog". In this road-trip comedy, two hard-charging former Army Rangers paired against their will, race down the Pacific Coast Highway hoping to make it to a fellow soldier's funeral on time. Chaos ensues.



### Jane's Place Adult Day Services

Jane's Place has current openings serving adults needing a secure environment during the day. We are open from 7 am-5 pm M-Fri. We provide a structured program with socialization, health & wellness and balanced home cooked meals. Our staff is trained in dementia care and we accept multiple payor sources. We also offer 2 free days at Jane's Place to try out our services. We can assist with medication management and have a R.N. here 2-3 days per week. Contact Crystal at 563.265.2001 for more information.

### Financial Education Snippet from our Friends at Vibrant

Thanks to the worst inflation rate in 40 years, almost everything we buy costs a lot more than it did a year ago—especially gasoline. Since this time last year, the average price of a gallon of gas has risen by about \$1.40—and there's every indication it will go higher. Here are a few things you can do to get some relief.

1. Don't keep unnecessary items in your vehicle or trunk. An extra 100 pounds of cargo can reduce your fuel efficiency by about 1 percent—that's nearly 5 cents a gallon at current prices.
2. Avoid using rooftop racks or cargo carriers. If you need to carry bikes or extra cargo, mount them to the back of your vehicle to

minimize wind resistance. And if your roof rack is purely decorative, consider having it removed – or at least taking off the crossbars.

3. Make sure your tires are properly inflated. Studies show that keeping your tires at the recommended pressure all the time can increase your fuel efficiency by up to 3.3 percent (another 15 cents a gallon!). And don't wait for the tire pressure warning light to come on before you check—your tires could be as much as 25 percent below the recommended pressure by the time that happens.

4. Run multiple errands at once. Even if your errands take you from one end of town to the other, you'll get better mileage because it takes less gas to start a warm engine than a cold one.



### June is Alzheimer's and Brain Injury Awareness Month

Consider honoring the work of dedicated staff at **Jane's Place Adult Services** with a gift to CASI's Jane's Place during the month of June.

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

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



### Check out the new trees and bushes - gifts of Modern Woodmen!

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. Our dream is now a reality thanks to the generous gift of Modern Woodmen.

In addition, the CASI parking lot is getting a fresh coating and new striping and curb painting. We are so excited and grateful. Come and check it out! In visiting with some Modern Woodmen volunteers, they are so pleased that they are able to advance CASI's mission in the community and be part of serving Quad Cities seniors. Thank you, Modern Woodmen, for your investment in Quad Cities seniors and support of CASI's mission.

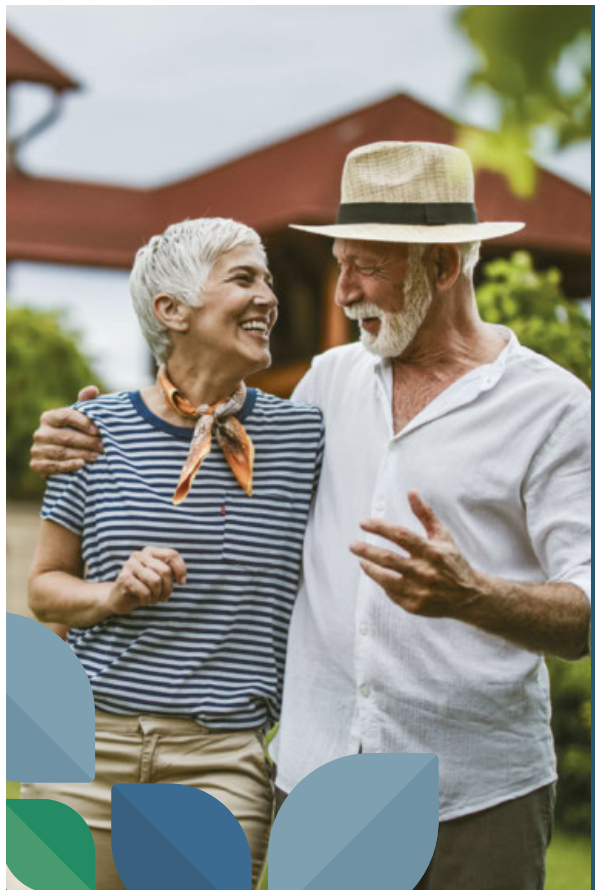
### More Sponsors and Corporate Partners to Thank (cont'd. from pg. 10)

Quad City Handyman Solutions  
Quad City Times  
Radon Solutions  
Regional Development Authority  
Ridgecrest Village  
River Music Experience  
Riverside Casino & Resort  
Riverside Family Eye Care  
Rouse Consulting Group  
Ruhl & Ruhl REALTORS  
Scott County  
Scott County Regional Authority  
Sears Seating  
Select Specialty Hospital

Senior Star at Elmore Place  
Silvercrest Garner  
Sports Fans Pizza  
St. George Greek Orthodox Church  
St. Paul Lutheran Church  
Steve's Mirror and Glass  
TaxSlayer Center  
TBK Bank  
TBK Bank Sports Complex  
The Ceasers Foundation  
The Kahl Home  
The W Nail Bar  
Trinity Foundation

ORA Orthopedics  
Tri-City Building & Construction  
Trades Council  
Two Rivers Massage  
US Bank  
Ultimate Fitness  
Vibrant Credit Union  
WHBF  
WQAD  
Walgreens  
Quad City Elder Consortium  
Necker's Jewelers





# SILVERCREST at GARNER

DIAL SENIOR LIVING

-OFFERING-  
Independent, Assisted & Memory Care

At Silvercrest Garner, you'll find the perfect combination of comfort, care and an active lifestyle.  
Join us today and *love the way you live!*

CALL TODAY TO LEARN ABOUT  
OUR END OF YEAR SPECIALS!

833.231.6815 | GarnerFarms.com

## Confused about Medicare?

### CITIES INSURANCE GROUP

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](http://www.citiesig.com) or scan the code with your mobile device.



Find us on: citiesig  
This is an informational/educational seminar.  
There will be no products sold.

## ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



Authorized Provider

SafeStreets

1-855-225-4251

## WELCOME HOME

Outstanding apartment homes designed for those 62+ Rent based on income, all utilities included, fun activities, responsive maintenance, your small pet is welcome and so much more!

### In Davenport

#### Luther Towers:

*Quiet cul-de-sac location!*  
1810 East 38th St. Ct., 359-1850

#### Luther Crest:

*Beautiful Grounds!*  
5454 N. Gaines St., 388-8543

### In Bettendorf

#### Luther Heights:

*Just steps from shopping & banking!*  
3116 Devils Glen Rd., 332-9250

#### Luther Knoll:

*Located right next to grocery store!*  
3264 Palmer Hills Ct., 449-8318

#### Luther Manor:

*Property by city bus line!*  
3118 Devils Glen Rd., 332-9250



Young Management Corp • Licensed Broker in Iowa

SUPPORT OUR  
ADVERTISERS!



Thrive  
Locally



For ad info. call 1-800-950-9952 • [www.lpicomunities.com](http://www.lpicomunities.com) CASI Center for Active Seniors, Davenport, IA

E 4C 01-1417

**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

**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

**Red Hat Ladies Club**

The Red Hat Ladies Club will be gathering on Tuesday, June 7, at Candlelight Inn in Clinton, IA leaving at 11:00 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, June 20 in honor of Juneteenth.**

**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

**"Choose Your Own Adventure" Diamond Painting Class.**

Choose from a variety of diamond painting projects for any skill level. Availability of some pictures limited, so register early. Class size limited to 12. Amy Warren will instruct this class.

**Date:** June 28  
**Day/Time:** Tuesday, 9-11 am  
**Fee:** Cost varies based on the project chosen

**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 \$0.50 special games  
**Location:** Celebration Hall

**"Be a Fan to a Senior"**

Please help our Seniors this summer!

CASI is accepting brand-new 20" box style fans for its summer "Be A Fan to Seniors Program". CASI hands out 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.

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

**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.