

CASI CONNECTIONS

JULY 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

563-265-2001

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2 A WORD FROM OUR CEO, LAURA KOPP

CASI- CENTER FOR ACTIVE SENIORS, INC



Missing Pieces

One of the universal feelings I have had since April 9th is that I am missing something. Both physically and emotionally. Physically, it's the feeling you get when you leave the house and immediately think, I am DEFINITELY forgetting something. But for the life of you, you cannot put your finger on it. Emotionally, it's recognizing slowly that your loved one is missing pieces of themselves and that they are not quite the same person anymore.

Something's just missing. That's what the last 2 months have felt like. As a leader, a mom, a wife and now a caregiver for an adult with dementia, I have struggled with all the things that are missing.

As a leader, having all the information necessary to make the best and most informed decision is critical to professional success. And don't get me started on the immense pride we moms take in having ALL the details. From dentist appointments, to sports schedules, to vaccination due dates, to who isn't talking to whom this week at school, we host a literal Google drive of information in our brains that enables us to raise tiny humans into responsible and decent adults. As a caregiver, I have found the task of data management to be elusive at best. At it's worst, I have found it infuriatingly frustrating and maddening.

In 2013, when my brother was first diagnosed with AIDS and cancer, I knew what to do. Because he was going to be sick and unable to work, I needed to get him a steady income (Social Security Disability) and I needed to get him medical insurance (Medicaid). I did both those things before he was released from the hospital and 9 years later, those Ohio systems still supported him. But when I realized he would need some type of assistive care, at least for the foreseeable future and in order for me to feel comfortable doing that I would need to relocate him to Iowa, I instantly felt uneducated and unqualified to make these decisions. At every turn, I would ask questions and only get more questions in return. I would ask for assistance from those in positions designed to provide guidance and support only to be given a website where I could find my own answers. I dove into the Internet and nearly drowned trying to digest details and discern which were appropriate for a 45 year old man and which were not. These missing pieces left me with half the picture and ALL the anxiety. I had many nights when I felt so lost and confused that I would just sit and sob in my most recent hotel room convinced I was failing

at the most important job I had.

Somehow, when dawn broke the next day, I would find myself gathering what little confidence I had and my laptop and heading back into the great unknown at the hospital where I would be welcomed by someone who was a little more a stranger than the day before. While this soon became routine, it never became any easier to accept over those 3.5 weeks. We would sit for hours talking about our family vacations and our time at college together and the time I saved his life in our backyard pool and I would be lulled into a sense of comfort and contentment only to be kicked in the gut when he would struggle to read the face of a clock or when he would insist that I came to the hospital in the middle of the night and woke him up for no reason. And for those with dementia, their experience is the extent of their reality in that they have no concept of what they are missing or can't remember. And so the battle for independence and to return home waged on despite him learning for the first time every day that his home had been foreclosed on, the utilities turned off and his support system had vanished.

It's easy to become overwhelmed by all that is missing when your life is upended by the demands of caregiving. Information, support, memories, connection, dreams for what you had planned for your own life. But for me, in this moment, I am finding grace and comfort in knowing together we found our way back to Iowa where I can be closer and more involved (some might say directive) in his care daily. I find myself grateful that of all the things I am missing these days, my brother is not one.



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 sat down with Lisa Dingeldein and was excited to find out how she found CASI. She started her "story" by telling me that she was trying to get her mother to come to CASI a few years ago when she was her caretaker. Her mom, Rosie, passed away in 2017. Her mother resisted because she said she wasn't old enough to come here. She was in her eighties at the time. We laughed and I told Lisa I hear that reason so many times from people when I tell them about CASI. Lisa then told me she is 62 years old and just joined a little over three months ago due to one of her clients raving about CASI (thanks Linda Flockhart). Lisa does hair and is an artist that works full-time with her own business L.A.D. Designs Art and Hair Studio. She decided to check CASI out and attend our Low Impact class. She was suffering from some injuries to her lower back, knees and shoulders. She stands all day during work and her body hurts. She had been through physical therapy but was looking for some other form of working out to ease her pain and get her body moving. Lisa walked in the doors and CASI felt like home to her. The members were warm and welcoming. She loved the friendly environment and was immediately part of the group when she attended the class. She is not a morning person, so getting up to work out before her job starts at noon is sometimes a hard task. Her motivation to do this three times a week is the other members in the class. She has met people who are in their seventies and eighties that participate and are in great shape. The thought of them perks her up, brings her joy and the smiles from everyone make her feel good to be a part of such a special place. She is inspired to continue her workout journey here at CASI! The Senior Olympics recently displayed their art competition on the walls at CASI. Lisa did a piece with her mother as the subject and entered in the event. She also competed in the shuffleboard event. She received three overall medals. The most important part about participating in the Senior Olympics to Lisa was that her mom, Rosie, finally made it to CASI.




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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 or scan the code with your mobile device.



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

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 the last Monday of every month to answer questions and get to know the members of CASI!

Date: July 25
Day/Time: Monday, 10 am
Fee: \$2 for a cup of coffee
Location: Eleanor's Café



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 Thurs. ea. month
Day/Time: 9-10:30 am
Fees: FREE
Location: TBD

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 at allstrongfitnessllc@gmail.com.

Date: August 15
Day/Time: Monday 1-2 pm
Fees: \$3 Member/\$6 NM
Location: Celebration Wood Fl.

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: August 16,
 & October 11
Day/Time: Tuesdays 6 pm
Fees: FREE-Register at CASI
Location: CASI

Bags, Cornhole, Boards

Join our newest activity at CASI! We have bags and boards for you to come and play on a weekly basis.

Date: Starts July 7
Day/Time: Thursdays 2-4 pm
Fee: \$2 Member/\$4 NM
Location: Avenues 1/3



Rock Valley Physical Therapy Seminars-July Nutrition & August Wrist Injuries

Join Jeni Tackett a registered dietitian to learn about healthy eating and nutrition for older adults.

Date: July 21
Day/Time: Thursday 9 am
Fee: Free- Drop-ins for CASI members
Location: Multi-purpose Room

Rock Valley Physical Therapy Seminar- Wrist Injuries

Date: August 18
Day/Time: Thursday 9 am
Fee: Free- Drop-ins for CASI members
Location: Multi-purpose Rm



QC River Bandits Game

CASI is hosting a fundraiser with the River Bandits. Proceeds from tickets sold at CASI will stay at CASI to fund programs and services. Take a friend out to the ball game to support CASI!

Date: August 11
Day/Time: Thursday 6:30 pm
Fees: \$12 per ticket
Location: Modern Woodmen Pk

News from Senior Advocacy

By Lorrie Blumberg

Communicating with someone who has Alzheimer's or Dementia can be challenging and frustrating. You'll need patience and good listening skills so you and the person are not confused, frustrated, and misunderstood. Here are a few simple things to help with communication.

A person with dementia may have difficulty remembering words or communicating clearly. They may show signs of the following:

- Having trouble with finding the right word
- Substituting words that don't make sense
- Describing an object rather than naming it
- Repeating words, stories or questions
- Losing a train of thought
- Speaking less often or not at all.

What you can do to ease this and better your communication:

- Be patient. Take time to listen and allow time for the person with dementia to talk

without interruption.

- Learn to interpret. Try to understand what is being said based on the context. If the person is struggling to get an idea out, offer a guess.
- Be connected. Make eye contact while communicating and call the person by name. Hold hands while talking.
- Be aware of your nonverbal cues. Speak calmly. Keep your body language relaxed.
- Offer comfort. If a person with dementia is having trouble communicating, let him or her know it's OK and provide gentle encouragement.
- Show respect. Avoid baby talk and diminutive phrases, such as "good girl." Don't talk about the person as if he or she weren't there.
- Avoid distractions. Limit visual distractions and background noise, such as a TV or radio, that can make it difficult to hear, listen attentively or concentrate.
- Keep it simple. Use short sentences. As the disease progresses, ask questions that require a yes or no answer. Break down



requests into single steps.

- Offer choices. Offer choices when making a request for something a person might resist. For example, "Would you like to take a shower before dinner or after dinner?"
- Avoid criticizing, correcting and arguing. Don't correct mistakes. Avoid arguing when the person says something you disagree with. Stay in their reality not yours.

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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 done 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: \$3 Member/\$6 Non-Mem

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 Member/\$6 Non-Mem

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.

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

Fees: \$3 Member/\$6 Non-Mem

Location: Avenues 2/4

SHUFFLEBOARD

Low impact activity. Equipment provided.

Day/Time: M 1-3 pm

Fees: \$2 Member/\$4 Non-Mem

Location: Celebration Hall Wood

CHAIR BASED EXERCISE

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: \$3 Member/\$6 Non-Mem

Location: Avenues 1/3

LINE DANCING

Tuesday is designed for beginners to learn all the latest moves in line dancing and Thursday is for intermediate dancers.

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

Fees: \$3 Member/\$6 Non-Mem

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 Member/\$6 Non-Mem

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 Member/\$6 Non-Mem

Location: Celebration Hall Wood

TAI CHI CHUN

Chinese martial art practiced for defense training, health benefits and meditation. Improves balance, stability and flexibility. 6-week session

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

Fees: \$24 Member/\$48 Non-Mem

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 Member/\$2 Non-Mem

Location: Billiards Room

BRIDGE

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

Fees: \$2 Member/\$4 Non-Mem

Location: Music Room

CANASTA

Day/Time: Tu 1-4 pm

Fees: \$2 Member/\$4 Non-Mem

Location: Music Room

CRIBBAGE

Day/Time: Tu 2-4 pm

Fees: \$1 Member/\$2 Non-Mem

Location: Library

EUCHRE

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

Fees: \$4 Member/\$8 Non-Mem

Location: Avenues 2/4

BUNCO

Day/Time: W 2-4 pm

Fees: \$2 Member/\$4 Non-Mem

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 Member/\$4 Non-Mem

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
\$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 Member/\$4 Non-Mem

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 Member/\$4 Non-Mem

Location: Arts and Crafts Room

BOB GASTON NEW HORIZONS BAND

Come together weekly to practice and for fellowship to prepare for

performances throughout the year.

Day/Time: Th 12:30-2 pm

Fees: \$2 Member/\$4 Non-Mem

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 Member/\$4 Non-Mem

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 Member/\$4 Non-Mem

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 Member/\$6 Non-Mem

Location: Volunteer Room

RED HAT CLUB

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

Day/Time: 1st Tu 12 pm

Fees: Meal paid by participant

Location: TBD

BOOK CLUB

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

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

Fees: \$2 Member/\$4 Non-Mem

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 Member/\$2 Non-Mem

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

Low Vision & Blindness Group

Join others with low vision or blindness for this supportive and free group.

Day/Time: 3rd Tue 10 am

Fees: Free

Location: CASI

**A Summer Raffle Package
for Rock the Lot
Drawing on July 16.
Buy your tickets at the
CASI Front Desk
\$5 for one or 5 for \$20**



Who needs a great reason to barbecue the summer away? A brand new shiny gas grill could do the trick!

Thanks to our friends at Thrivent Financial and their Thrivent Action Team and Kwik Star, we have put together a great raffle package for Rock the Lot.

Raffle tickets are now on sale for a grill package that includes a new gas grill, a \$100 gift card for propane or other fixins and more.

The raffle drawing will be held during Rock the Lot on July 16. **You need not be present to win.**

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

**Check out CASI's
New Gym
Equipment!!**



CASI has added an **Independent Total Body Trainer** to the Fit For Life Fitness Center.

It is a total body cardio workout piece that can be adapted for individuals with special needs. The chair is removable and swivels for easy entrance/exit from the machine from a walker. There are 18 programs that will guide the user through workouts. It is used in rehabilitation facilities along with it being a day-to-day workout machine.

In an effort to keep the fitness center up to date and a great value to our members we continue to work finding funding sources and opportunities to purchase new equipment. This new piece of equipment was made possible by the North Scott Rotary, Friends of CASI and Amerigroup to whom we are forever grateful. Thank You!!!!

Royal Neighbors Community Chapter 20226 provides first support for CASI

Members of the newly formed Royal Neighbors Chapter 20226 have voted to direct their first community support to be the Raffle Prize sponsor for CASI's Inaugural Golf Tournament. Chapter members will commit \$500 to provide a premier raffle package for the September tournament. Chapter members will also serve as volunteers for the event. 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 or call 563.386.7477 ext. 229. The more the merrier! We can't wait to see the many ways this group will make a difference!.

Special Thanks to some dedicated crocheting friends.

This past spring word got out that one of CASI's staffers was trying to complete a huge service project for an area school.

It stepped six CASI volunteers to assist in crocheting Worry Worms to be sent home with every student (300 in total) at Rock Island's Earl Hanson Elementary. These special worry worms offered a personal reminder that someone is always thinking of them and they can just look at their crocheted friend to remember..

Thank you to CASI volunteers for being there in some truly special ways.

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

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: 2nd & 4th F 1:15-2:15 pm (appointments are set every 15 minutes)

Fees: FREE

Location: Multi-purpose Room

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Investing in CASI's future is a win-win opportunity

Our friends at the Quad Cities Community Foundation are experts at handling gifts of complex assets, stock, real estate, retirement plan assets and other non-cash gifts, and will help CASI supporters invest in CASI's future as well as assist with some special tax benefits that may be available.

All gifts to CASI's endowment are tax deductible to the full extent of both federal and state law. Anyone can contribute to CASI's endowment with a gift of any size. The Community Foundation can facilitate gifts of stock and other appreciated assets toward CASI's endowed fund that may garner capital gains tax savings for the donors. In addition, Iowa taxpayers may qualify for an Endow Iowa Tax Credit for 25% of the value of their gift.

What is Endow Iowa?

The Endow Iowa Tax Credit Program offers contributors who pay Iowa taxes and give to an endowment fund at the Community Foundation generous tax incentives—making it easier for your contributors to give more for less.

The program was established to encourage building permanent endowments to benefit communities across Iowa. Iowa taxpayers may apply for the tax credit if they make a gift to a permanently endowed fund that supports charitable activities in Iowa. Specifics on Endow Iowa include:

- Tax credits are for 25% of the gifted amount.;
- Individuals are limited to \$300,000 in tax credits per year for a \$1.2 million gift and a couple is limited to \$600,000 in tax credits per year for a \$2.4 million gift (if both are Iowa taxpayers).
- An individual is eligible to receive a tax credit if they pay taxes in Iowa.
- Donors can claim the tax credit on their Iowa tax return only.
- If donors cannot use the entire credit this year, they can carry it over for up to five years.



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

July is a month to celebrate freedom and independence. Help to celebrate CASI's mission to assist seniors to remain independent by making a gift to support CASI's mission. Check out CASI's new website at www.CASIseniors.org to donate online

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

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



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!



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- ✓ 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.



Don't wait another winter to make a move!
Call Amy today for your personal tour of our beautiful villas!

Masonic Village



2500 Grant Street, Bettendorf | 563-359-9171 | iowamasonic.com

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

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Luther Crest:

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In Bettendorf

Luther Heights:

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3116 Devils Glen Rd., 332-9250

Luther Knoll:

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3264 Palmer Hills Ct., 449-8318

Luther Manor:

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3118 Devils Glen Rd., 332-9250



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CASI Membership

Membership fees are being put back in place after our free year of membership for everyone. We hope you have enjoyed getting back to the facility and all the activities we have to offer. All current and new CASI members will pay a \$30 annual fee to use the general activities and fitness classes at member price starting July 1, 2022. You will be required to fill out a new membership form and pay at the front desk. We appreciate your membership!

Fitness Add On

Former Fitness Center Memberships will be redefined as a "Fitness Add On" to the CASI Membership. The monthly Fitness Add On will give CASI Members use of the Fit for Life Fitness Center and free access to Chair Based Exercise, Chair Yoga, Line Dancing, Low Impact, Step Into Balance, and Zumba fitness classes. Effective July 1, 2022. You will be issued a Fitness Add On card that you will be required to show instructors before class begins.

Fitness Add On Fee Plans

3 months	Individual \$75	Household \$110
6 months	Individual \$140	Household \$210
12 months	Individual \$270	Household \$410

*There is no longer a monthly fitness fee plan available.

Silver Sneakers at CASI

CASI is now accepting Silver Sneakers to cover the new Fitness Add On listed above. With your Silver Sneakers benefit, you will receive access to Fit for Life Fitness Center and free access to Chair Based Exercise, Chair Yoga, Line Dancing, Low Impact, Step Into Balance, and Zumba fitness classes. We will also be offering Silver Sneakers programming soon and you will have free access to those classes as well. You will be required to scan your Silver Sneakers card or punch in your name and date of birth every time you enter CASI at the main entrance. This is the most important part of your Silver Sneakers benefit, so please help us by making sure you check in with the front desk staff at the tablet on the front counter. If it is your first time and you need help, please let us know!

Chair Based Exercise, Chair Yoga, Line Dancing, Low Impact, Step Into Balance, and Zumba

Fitness Add On Member	FREE
CASI Member	\$3
Non-member	\$6

SAVE THE DATE**Rock the Lot Presented by Modern Woodmen**

Saturday, July 16, 2022

Gates open at 4:30 pm

Tickets \$10 at the gate

Children under 12 free

Tailfins: 5-8 pm

Soul Storm: 8:30 pm-12 am

Food and Drinks available for purchase

No outside food or drink allowed

Bring your own lawn chairs and blankets.

**SAVE THE DATE****CASI's First Annual Golf Outing**

Presented by Arconic

Friday, September 9, 2022

Glynns Creek Golf Course

9 am Shotgun Start

Best Ball Tournament

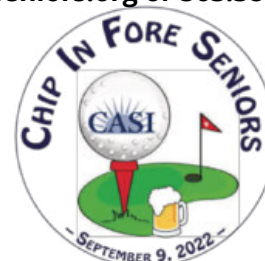
\$100 per Golfer

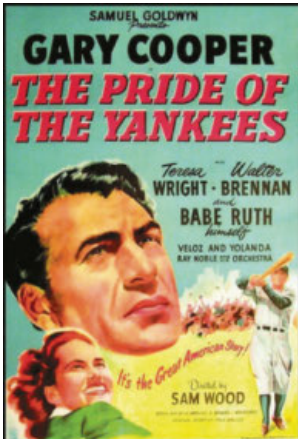
(Includes green fees, cart, lunch, gift bag & one drink)

Register at

www.GetMeRegistered.com/CASIChipInForeSeniors

Sponsorships available. Contact Cyndi Koenes at ckoenes@casiseniors.org or 563.386.7477 ext. 235





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

"The Pride of the Yankees"
The story of the life and career of famed baseball player Lou Gehrig.

CASI Ice Cream Social

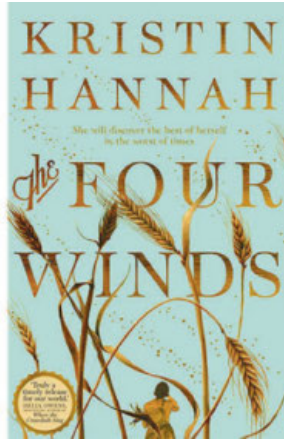
You scream, I scream, we all scream for ice cream! Join our talented music groups at CASI for an afternoon of music and sweet treats. Bob Gaston New Horizons Band, Golden Tones Chorus, and Silver Linings Bell Choir will be performing. Music and ice cream included in price.

Date: August 11
Day/Time: Thursday 4-6 PM
Fees: \$4 per ticket
Location: Celebration Hall

**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 monthly
Day/Time: 11 am-12 pm
Fees: FREE-Drop-ins
Location: Multi-purpose Room



CASI July Book Club

"Four Winds" by Kristin Hannah--Elsa Wolcott is a woman trying to raise two children on farm in the Great Plains during the Dust Bowl following the Great Depression.

Upcoming Book Titles:

AUGUST - The Devil In The White City by Erik Larson This is a 600 page book, but incredible. You won't want to put it down. It is the story of the geniuses who were instrumental in the design and building of the Chicago World's Fair in 1893, BUT there is also a serial killer among them.

SEPTEMBER - Midnight Library by Matt Haig

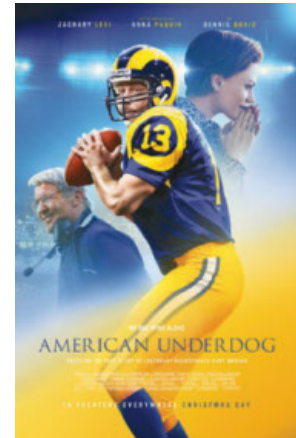
OCTOBER - Something Borrowed by Emily Giffin

NOVEMBER - The Forest of Vanishing Stars by Kristin Harmel

**Rock Valley Physical
Therapy Injury Screenings**

Michelle Sarb, PT, DPT, OCS will be at CASI doing injury screenings. Appointments are set every 15 minutes.

Date: 2nd & 4th Friday of each month
Day/Time: 1:15-2:15 pm
Fees: FREE-Sign up in adv.
Location: Medical Room



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

"American Underdog" tells the inspirational true story of Kurt Warner, who longs to become an NFL player, but years of setbacks constantly prevent him from reaching his goal. As Kurt stocks shelves in a supermarket with his dreams all but out of reach, his wife, coaches, and teammates encourage him to show the world the champion they know him to be. Kurt perseveres and finds the strength to become the legendary two-time NFL MVP, Super Bowl MVP, and Hall of Fame quarterback proving that anything is possible with faith, family, and determination.

**Jane's Place Adult
Day Services**

Jane's Place has current openings serving adults needing a secure environment during the day. We are open 7 am-5 pm M-Fri., 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

Financial Education Snippet

From our Friends at Vibrant Credit Union

Nowadays, nearly every business sells products online—from global brands like Apple to that booth at the farmer's market that sells sauerkraut and pickles. While you can trust most online sellers, you shouldn't trust them all! Here are some helpful tips for spotting potential scams.

1. If you're shopping on a site you haven't used before, make sure the business's contact information includes a physical address, not just an email address. Check out the returns policy to ensure they will refund or exchange your purchase if you're not satisfied or if it never

arrives. If they don't offer these protections, shop elsewhere.

2. When a site asks for personal information, from your mailing address to your credit card number, always make sure the web page is securely encrypted. Look at the URL—if the web address starts with http:// instead of https://, your information is vulnerable.

3. If someone is offering a product for a significantly lower price than other retailers—especially global giants like Amazon and Wal-Mart that specialize in getting the absolute lowest prices from suppliers—assume it's a fraud. While there may be sellers on eBay who desperately need whatever cash they can get for their new iPhone, the seller is far more likely to be someone trying to cheat you.



Celebrate International Friends Day.

Consider honoring your favorite senior friend with a gift to CASI during the month of July.

www.CASIseniors.org

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



July wraps up Modern Woodmen's year of support for CASI. THANK YOU!

Modern Woodmen of America's investment in CASI has been seen everywhere throughout the past year and we could not be more grateful. Starting last fall and winter they invested in Hat Bash and the Senior Secret Santa Program;; they decked our CASI halls and supported our first Winter Wonderland Open House, they decked the CASI outside by resurfacing the parking lot and planted many trees and bushes, they helped with spring cleaning inside and sponsored a great evening of Rock n Roll Bingo, they brightened our Jane's Place clients day with Friday afternoon ice cream and we will enjoy bags at CASI thanks to several new donated sets. Rock the Lot on Saturday, July 16, is being presented this year by Modern Woodmen of America. Please plan to attend and join us in thanking Modern Woodmen employees for investing in CASI this year. Their lasting finger prints are everywhere!

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

Quad City Handyman Solutions
Quad City Times
Radon Solutions
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Ridgecrest Village
River Music Experience
Riverside Casino & Resort
Riverside Family Eye Care
Rock Valley Physical Therapy
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If you are seeing that your loved one is in need of additional help, don't wait! Taking action soon will help secure the best outcome for your loved one. Now with our move in specials, moving in is easier than ever! Free no obligation tour.

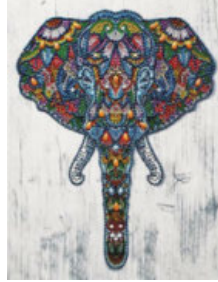
Call Paula at 309-373-0891



Adult Coloring

More new fun at CASI! Come and color in the Arts and Crafts room with friends. We will supply the space and you bring your materials.

Date: Every Friday
Starting July 1
Day/Time: Fridays 10 am-3 pm
Fee: \$2 Members/\$4 NM



"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 project chosen

CASI Covid Booster Clinic

Please bring your previous vaccine record and call CASI at 563-386-7477 to schedule your appt.

Date: July 20
Day/Time: 9 am-3 pm
Fee: Free
Location: CASI

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 pp
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
2nd Friday of the month sponsored by Aetna

BACK TO SCHOOL SUPPLY DRIVE



Davenport School Supply Drive

Let's come together and help kids get the school supplies they need to start school. We are collecting all the basic school supplies an elementary school child would need. Pencils, pens, erasers, crayons, markers, rulers, paper, etc. We will have a drop box in the lobby. CASI will be taking the donations to the Davenport School District on **August 5**.

Date: July 1-August 5
Location: CASI Lobby

"Be a Fan to a Senior" Donated fans are needed all summer long!

Please help our Seniors this summer!

CASI is accepting new 20-inch box style fans for its summer "Be A Fan to a Senior 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.

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

Bob Gaston New Horizons Band

The band will be performing at the Mississippi Valley Fairgrounds. Come and listen!

Date: August 4
Day/Time: Thursday 1:30 PM
Location: Mississippi Valley Fairgrounds

Christmas in July Edition-Sell It Saturdays

Our flea/farmer's market is going strong and continuing in July! We have decided to go with a Christmas in July theme with our vendors. We will have crafts, baked goods, crochet items, jewelry, purses, Coke collectibles, woodcraft items, ID Life, Norwex, Humana and much more!

Date: July 9, August 6 & 13
Day/Time: Saturday 9 am-12 pm
Fee: \$15 per parking spot for vendor
Location: CASI Parking Lot



Red Hat Ladies Club

The Red Hat Ladies Club will be gathering on Tuesday, July 5, at Village Inn on Elmore at 11:30. 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, July 4

Chair Based Exercise will not meet Aug. 2 & 9