

CASI CONNECTIONS

AUGUST 2022



Sell It Saturdays at CASI have been a huge success!
Join us on August 6 and 13 for our last sales of the season!



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

Newsletter Highlights

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7:00 am - 5:00 pm
563.265.2001



Laura Kopp, MS
President / CEO

Growing up, golf was a central part of my family's free time. Both my dad and his mother were avid golfers. Golf leagues during the week, and weekend match ups, were the norm at my house and as a young girl, I too, took up the sport. I played on an all girls league for several years and later took up playing for fun with friends and family. I even eventually won our family's annual golf outing twice before losing my title to no one other than my daughter!

So, it is with absolute joy in my heart, that I meld my love for the game of golf and my passion for our mission at CASI and invite you to join me for the inaugural **Chip In FORE Seniors Golf Tournament presented by Arconic.**

The date is **Friday September 9, 2022, at Glynn's Creek Golf Course.** Through the generous support of our lead sponsors, Arconic and Rock Valley Physical Therapy, 100% of the proceeds raised during the event will be reinvested back into our mission of creating a community where adults can age successfully!

I hope you'll join us!

Chip In Fore Seniors

CASI's First Annual Golf Outing

Presented by



Friday, September 9, 2022

Glynn's Creek Golf Course

Best Ball Tourney | 9 am Shotgun Start

\$100 per Golfer

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

Hole Sponsorships are still available at \$500 and \$250.

Call CASI at 563.386.7477

Thank You to Our Sponsors

Rock Valley Physical Therapy | Matthiesen's Catering
Royal Neighbors | Sedona Group | QC Custom Tees
Trimble Funeral Home | Humana | Quartet
Audiology Consultants | Health Alliance | 50+ Lifestyles
iHeart | Edward Jones - Tim Lane

Register to golf at:

www.GetMeRegistered.com/CASIChipInForeSeniors

From the Desk of Amy Johnson

Our members are enjoying my spotlight articles. I had our Facilities Director, John Fuller, recently approach me about writing something on one of our members and a key volunteer at CASI. I asked him to write a few words and here is what John had to say about Terri Hall.

CASI would like to take the opportunity to recognize one of our most dedicated member volunteers, Terri Hall. She has been taking care of our indoor and outdoor flower baskets for several years. We currently have over twenty outdoor baskets and indoor plants throughout the facility. The indoor plants keep our environment cheery even in the dog days of winter. The outdoor flower baskets last well into October with the care she takes which includes coming in on the weekends to water and check on them. CASI is so fortunate to have such a dedicated person taking her own time to help keep our center a great place to be.

We have many volunteer opportunities at CASI. We are happy to assign small tasks to members to help keep our operations efficient and well kept. If you are interested in helping, daily or weekly, with any tasks, please fill out a volunteer application at the front desk. I would love to meet and talk with you. We also have opportunities with special events and fundraising. Volunteerism is very important for our non-profit operation, and it takes all of us to keep up the strong successful history of CASI in our community!



Amy Johnson
Director of
Operations



Terri Hall

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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!

Monday, August 29
10:00 am
\$2 for a Cup of Coffee

Welcome to Medicare

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

Tuesdays,
August 16 & October 11
6:00 pm
Register at CASI Front Desk

**Monthly Member Potluck**

Each month CASI will provide room space, coffee, water and table settings for members to gather for a Breakfast Potluck. *Please bring a breakfast item to share with the group.*

Thursday, August 4
9:00 - 10:30 am
FREE

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. Refreshments will be provided. Questions? Call Logan at 563.210.3701 or email him at allstrongfitnessllc@gmail.com

Monday, August 15
1:00 - 2:00 pm
\$3 Member
\$6 Non-member

Rock Valley Physical Therapy Seminars - Wrist Injuries

Thursday, August 18
9:00 am
Free - Drop-ins for CASI Members

Fit for Life Fitness Orientations

Now offering weekly fitness orientations to the Fit for Life Center. A CASI staff or volunteer will be available for a 30-minute group orientation once a week.

We have some new equipment available and many new members using the equipment with our Fitness Add On. Please sign up at the CASI Front Desk at least 48 hours in advance to attend.

Friday 10:30 - 11:00 am
Free to Fitness Add On,
Silver Sneaker, and
Renew Active Participants

Retirement Open House Honoring Vicky Ertel

Vicky Ertel is retiring after 31 years as a CASI Senior Advocate. Please join us as we give her a great send off at an Open House in her honor.

Wednesday, August 31
1:00 - 3:00 pm

**New Day and Time CASI Chess Club**

Starting August 1 and continuing on Monday afternoons

Chess 101

Mondays, 1:00 - 1:45 pm

A chess instructor will be on hand to teach anyone who wants to learn the game

Mondays, 2:00-3:30 pm

Love the game and looking for someone to play, stop by for a game or two

Chess Tournament

Thursday, August 25
5:30 - 9:30 pm

News from Senior Advocacy



A Special Honor for Carrie Wooldridge

own residents, Richard Black, had nominated her as a "local hero." Richard stated, "I felt the need to do something good for someone who really deserves it."

A WQAD camera crew captured the moment when Carrie received a \$300 award from Ascentra Credit Union. Carrie was surprised and humbled. She also said "I wouldn't have this job of helping our seniors in the community if it wasn't for CASI. I do the same things that my coworkers do, I help people!"

Carrie donated much of the money to CASI to "pay it forward" and help other seniors in the community.



Lorrie Blumberg
Director of Senior Services

Congratulations Carrie on being a "Local Hero" and one of CASI's heroes too!

WQAD, Channel 8, honored our own Service Coordinator, Carrie Wooldridge, as a "Pay It Forward" recipient in June.

On June 16, 2022, Carrie was at her office, located at Edgewater on Third's Senior Housing community, when WQAD surprised her. The news team interviewed her for the "Pay It Forward" award. She learned that one of her

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SAT: 9 A.M. - 1 P.M.
SUNDAY: CLOSED**

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HEALTH AND WELLNESS

WALKING CLUB

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

M/W/F 8:00 - 9:00 am
FREE

LOW IMPACT EXERCISE

One of CASI's most popular fitness classes and it's done mostly from a sitting position. Any ability can be adapted to this class.

M/W/F 9:00 - 10:00 am
Tu/Th 11:00 am - 12:00 pm
\$3 Member/\$6 Non-Member

ZUMBA

Aerobic fitness exercise based on Latin American dance rhythms. It's a fun workout.

M/F 10:15 - 11:15 am
Th 8:45 - 9:45 am
\$3 Member/\$6 Non-Member

DRUMS ALIVE

Fun, choreographed workouts to music using drumsticks, stability balls, and your own power!

1st & 3rd M 12:00 - 12:30 pm
\$3 Member/\$6 Non-Member

SHUFFLEBOARD

Low impact activity. Equipment provided.

M 1:00 - 3:00 pm
\$2 Member/\$4 Non-Member

CHAIR BASED EXERCISE

Chair exercises can offer a seated routine that rivals any you've done on your feet!

Tu 9:00 - 9:45 am
\$3 Member/\$6 Non-Member

LINE DANCING

Tuesday is for beginners and Thursday is for intermediate dancers.

Tu/Th 10:00 - 11:15 am
\$3 Member/\$6 Non-Member

STEP INTO BALANCE

Class focuses on dynamic and static balance, agility, leg strength and stability, overall core control, all to help keep you from falling.

Tu 1:00 - 1:30 pm
\$3 Member/\$6 Non-Member

CHAIR YOGA

Tu 2:00 - 2:30 pm
\$3 Member/\$6 Non-Member

TAI CHI CHUN

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

W 10:15 - 11:15 am
\$24 Member/\$48 Non-Mem

BAGS, CORNHOLE, BOARDS

We have bags and boards so come and play.

Th 2:00 - 4:00 pm
\$2 Member/\$4 Non-Member

CARDS AND GAMES

BILLIARDS

M/F 8:30 am - 12:00 pm
& 2:00 - 4:00 pm
& Tu-Th 8:30 am - 4:00 pm
\$1 Member/\$2 Non-Member

BRIDGE

M/F 11:30 am - 4:00 pm
\$2 Member/\$4 Non-Member

CANASTA

Tu 1:00 - 4:00 pm
\$2 Member/\$4 Non-Member

CRIBBAGE

Tu 2:00 - 4:00 pm
\$1 Member/\$2 Non-Member

BUNCO

W 2:00 - 4:00 pm
\$2 Member/\$4 Non-Member

EUCHRE

W/F 12:30 - 3:45 pm
\$4 Member/\$8 Non-Member

CHESS

Learn to Play Chess for Beginners
M 1:00 - 1:45 pm

Play Chess

M 2:00 - 3:30 pm
\$1 Member/\$2 Non-Member

UNO, SPADES & SCRABBLE

Tu 2:00 - 4:00 PM
\$2 Member/\$4 Non-Member

500

Th 2:30 - 4:00 pm
\$1 Member/\$2 Non-Member

EVENING BINGO

Cash prizes for each game with a progressive jackpot.

Wednesday - Doors open at 5:00 pm and
Early Bird Game starts at 6:00 pm
\$10 Starter Pack per person

AFTERNOON BINGO

Games played on hard cards for fun games of chance!

F 1:00 - 3:00 pm
\$0.25 each regular game
\$0.50 each special game
2nd Tuesdays each month sponsored by
Aetna.

ARTS

UGLY QUILTS

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

M 9:00 am - 12:00 pm
FREE

SILVER LININGS BELL CHOIR

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

M 10:00 - 11:30 am
\$2 Member/\$4 Non-Member

CROCHETING AND KNITTING

Help make hats, scarves and mittens for local organizations that help individuals in need.

Tu 12:30 - 2:30 pm
FREE

CARD EMBROIDERY

A starter kit for \$10 will need to be purchased before the first class.

Th 9:00 - 11:00 am
\$2 Member/\$4 Non-Member

BOB GASTON NEW HORIZONS BAND

Th 12:30 - 2:00 pm
\$2 Member/\$4 Non-Member

GOLDEN TONES CHORUS

F 9:00 - 10:00 am
\$2 Member/\$4 Non-Member

2ND AVENUE PLAYERS

F 11:00 am - 12:00 pm
\$2 Member/\$4 Non-Member

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.

F 10:00 am - 3:00 pm
\$2 Member/\$4 Non-Member

GROUPS AND CLUBS

SENIOR TECHNOLOGY CLINIC

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

T 12:00 - 2:00 pm
\$3 Member/\$6 Non-Member

RED HAT CLUB

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

1st Tu 12:00 pm
Meal paid by participant

BOOK CLUB

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

1st F 10:00 am - 12:00 pm
\$2 Member/\$4 Non-Member

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) and Chapter annual dues (\$24) must be paid to start the program.

W 10:30 am - 12:00 pm
Weigh In 10:30 - 11:00 am
\$1 Member/\$2 Non-Member

LOW VISION & BLINDNESS GROUP

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

3rd Tue 10:00 am
Free

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.

2nd & 4th W 9:30 - 11:00 am
Meal paid by participant
At Family Restaurant
902 W Kimberly Rd,
Davenport

CASI ADVISORY COUNCIL

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

1st W 9:00 am

Be the reason someone smiles today!

Join Us for CASI Night at Modern Woodmen Park



Thursday, August 11

6:30 pm

Cedar Rapids Kernels vs
Quad Cities River Bandits

This is a Fundraiser for
CASI's Fitness Center, and
Health and Wellness Program.

Tickets are \$12 per person
and are available at CASI's Front Desk.

Questions: Contact Sue Rector at
srector@CASIseniors.org
563.386.7477 ext. 229

SAVE THE DATE



Thursday, November 17, 2022

Silent Auction begins
Thursday, November 10 and ends at
Hat Bash on November 17 at 9:00 pm.

Who remembers the Purpose behind the Party?

14 years ago CASI's Holiday Hat Bash started as a way to raise funds for our Senior Secret Santa program which provides a holiday gift package for area seniors who many not receive any gifts.

Seniors have the opportunity to complete a wish list and each package is valued around \$50. At CASI, we fulfill anywhere from 700 to 1,200 wishes each year.

Holiday Hat Bash proceeds support this important program, as well as the mission of CASI.



Thank You
for
Supporting CASI
through
Birdies for Charity 2022

We especially thank members of the CASI Board of Directors for their advanced commitments of \$26,200 which prompted \$36,580 in additional support for CASI. We are very honored that 107 members of the community chose to support area seniors through their support of CASI.



August 21 is National Senior Citizen's Day

as declared in 1988 by President Ronald Reagan.

Please consider celebrating your favorite Senior Citizen on that day with a gift to CASI where we have supported seniors in our QCA since 1973.

Give online at www.CASIseniors.org or by mail to
CASI at 1035 W. Kimberly Road, Davenport, IA 52806

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.

M-F 11:30 am
Donations Accepted

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.

M-W and F-S Hours vary

HOME HELPERS

Caregivers who can provide personal, non-medical care for older adults that need help in their home.

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.

1st & 3rd M 9:00 - 11:00 am
FREE

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.

W/Th Hours vary

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Having a Plan for Your Finances is Important

Through estate planning, you can dictate who will inherit your assets. Unfortunately, charitable giving is not included. Many people forget to remember charity in their estate planning or are too confused as to how to best include their charitable wishes. If you're not sure what you want to do with funds you've earned and saved, think about what you want to leave behind as your legacy. If your answer is helping and serving others, then consider charitable giving through estate planning. Here are three strategies for including charitable giving in your plan. We respectfully hope that you will consider CASI among those charities you may choose to support as part of your legacy. As always, please consult your financial advisor about what best meets your needs.

1. Leave money to a charity through your will.

A will specifies what you want to be done with your assets after your death. In addition to identifying who gets what, you can also use a will to designate a charitable bequest and set up trust funds for specific charities.

2. Contribute a charitable rollover from your IRA.

While you can name a charity as an IRA beneficiary, you can also choose to make use of a charitable tax break for IRAs now. People can give up to \$100,000 per year to charities straight from their IRAs, and the amount can count toward any required minimum distributions (RMDs). Giving the funds directly to charity from your IRA is considered a qualified charitable distribution (QCD), allowing you to exclude the amount from your income so you don't pay taxes on it.



Sue Rector
Director of
Development

3. Gift appreciated stock.

If you want to make a significant gift to charity, donating appreciated stock is one of the easiest ways to do so, according to Fidelity Charitable. When you donate appreciated stock that's held for more than one year (and thus qualifies for long-term capital-gains) you can avoid paying capital gains tax on your holdings.

*Information provided by a
Certified Financial Planner*

SERVICES continued

SCOTT COUNTY HEALTH DEPARTMENT I-SMILE SILVER ORAL SCREENINGS

Oral screenings offered to determine referrals for future dental care.

3rd F 11:00 am - 12:00 pm
FREE

ROCK VALLEY PHYSICAL THERAPY INJURY SCREENINGS

Michelle Sarb, PT, DPT, OCS will be at CASI doing injury screenings. Please sign up for your 15 minute appointment at the front desk.

2nd & 4th F 1:15 - 2:15 p
FREE

AUGUST IS BACK TO SCHOOL MONTH

Support area school kids
by dropping off school supplies at CASI.

Or donate at
CASIseniors.org
marking designation for school supplies
and we'll do the shopping for you!

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



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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!
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Masonic Village



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In Bettendorf

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

Luther Knoll:
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Luther Manor:
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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 & Renew Active

CASI is now accepting Silver Sneakers and Renew Active to cover the cost of CASI Fitness Add On. If your insurance offers Silver Sneakers or Renew Active, you will receive free 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. You will be required to check in at the CASI Front Desk every visit you make to the facility. This is the most important part of your benefit! Please help us by making sure you check in. If it is your first time, and you need help please let us know!

Fit for Life Fitness Center Equipment Orientation

Monday, Wednesday and Friday 10:15 am - 10:45 am staff will be available to instruct members how to use the equipment. Free for members only. You must sign up at the front desk 48 hours in advance.

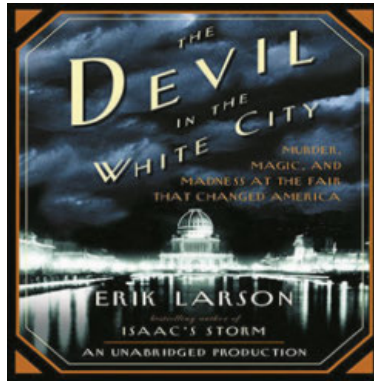


Throughout 2023 CASI will Celebrate 50 Years of service to seniors in our Quad Cities community.

Each month we plan to focus on a different facet of CASI's service and history through programs, events and activities.

The 50th year planning team wants your thoughts as we begin to identify special ways to celebrate CASI. Please email Sue Rector at srector@CASIseniors.org with your ideas.

What will make 2023 a fantastic year of celebration for you?



CASI Classic Movie

Sponsored by
Bickford Senior Living
Tuesday August 9 1:00 pm
\$2 Member/\$4 Non-Member

"Cheaper by the Dozen"

This film shows the typical days in the lives of a family in the 1920's with 12 children.

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.

Thursday August 11
4:00 - 6:00 pm
\$2 members \$4 Non members

We had 38 people participate in our July COVID booster/vaccine clinic.

Thank you to Community Health Care for providing this service!

CASI August Book Club

Friday, August 5
10:00 am - 12:00 pm
\$2 Member/\$4 Non-Member

"The Devil in the White City"

This story follows the architect who built the 1893 World's Fair in Chicago and notorious serial killer H.H. Holmes. Murder, Magic and Madness at the fair that changed America.

Pottery at CASI

Our new pottery studio is open for business! We will be running classes starting in August to learn how to use the wheel and hand build pottery. Carolyn Krueger will be teaching group lessons for beginners.

Session 1
Thursdays, August 11 & 25
4:00 - 5:00 pm

September Classes

Session 1
September 8 & 22 or
Session 2
September 15 & 29

\$115 Member
\$230 Non-Member
per session

CASI Movie Matinee

Sponsored by
Bickford Senior Living
Tuesday August 23, 1:00 pm
\$2 Member/\$4 Non-Member

"Fatherhood"

Kevin Hart stars in a true story about a widowed dad who copes with doubts, fears and heartache as he raises his daughter on his own.

Jane's Place Adult Day Services

Jane's Place has current openings serving adults needing a secure environment during the day. We are open 7:00 am - 5:00 pm Monday through Friday, providing 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

Your timeless advice and valuable life lessons will stick with your grandkids for the rest of their lives. You've had much more practice at saving and spending your money wisely! So let's take the time to remember some iconic money advice:

1. Don't forget to clip your coupons. Keep some money in your pocket with the help of discounts and deals. Teach your grandkids the importance of finding and using money-saving offers.

2. Put money away for a rainy day. Life has its twists, turns, and surprises. Stashing some cash in an emergency fund helps prepare you for the unexpected.

3. A penny saved is a penny earned. Spending your whole paycheck isn't the way to get rich. Tell your grandkids that being thrifty and investing in accounts with compound interest can really pay off in the long run!

It's no secret that grandparents and grandkids have a special connection that has proven to make children more resilient. Especially when it comes to money advice. What's some wisdom you want to share?



Jane's Place Sensory Lounge - The Big Reveal

On July 21, 2022, Jane's Place invited the community to join us as we revealed our newest addition, the Jane's Place Sensory Lounge, complete with a special ribbon cutting from the Quad Cities Chamber of Commerce. This Sensory Lounge is one of kind, located within Eastern Iowa's only licensed Adult Day Service.

The equipment within our Sensory Lounge is designed

for sensory and gross motor skill activities that provide positive stimulation to the nervous system by engaging the human senses and encouraging interaction, helping to awaken memories, increase alertness, awareness, mood, mobility, and socialization. It can also help reduce anxiety, agitation or fear often associated with dementia and other health ailments.

The Jane's Place Sensory Lounge was brought to life with the support of local funders, The Iowa Scottish Rites Masonic Foundation and Modern Woodman of American. The primary construction of this lounge was facilitated by an eager Boy Scout working towards becoming an Eagle Scout, Alex P., along with his fellow Boy Scout Troop #199.

We are excited to begin this new chapter at Jane's Place and continue bringing peace, comfort and joy to our participants and their family caregivers.

For more information, contact Crystal Hughes at 563.265.2001.





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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.

Every Friday

10:00 am - 3:00 pm

\$2 Member/\$4 Non-Member

**Bob Gaston New Horizons Band**

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

Thursday, August 4

1:30 PM

at the Mississippi Valley Fairgrounds

**Red Hat Ladies Club**

The Red Hat Ladies Club will be gathering on Tuesday, August 2 at Bass Street Chop House in Moline by way of the Channel Cat. The Channel Cat leaves at 11:30 from the Village of East Davenport and cost for the ride is \$8. What a fun way to get to lunch!

CASI Bake Sale Booth at Sell It Saturday

We are running our Saturday market program August 6 and 13 from 9 am - 12 pm.

During the August 13 event, CASI Volunteers will be offering a Bake Sale booth as one of our vendors. We are looking for baked item donations from the members.



We would like to have these packaged and ready for sale. Here are the items we are looking for:

- 4 bars in quart Ziploc bags (brownies, Rice Krispie treats, fruit)
- 6 cookies in quart Ziploc bags
- Whole fruit pies with saran wrap
- Small loaves of sweet breads with saran wrap or Ziploc bags
- Large loaves of sweet breads with saran wrap

These donations can be dropped off in the Volunteer Room on Friday, August 12 from 8:30 am - 3:30 pm or Saturday, August 13 from 8:00 - 9:00 am at the booth at the event.

Thank you for helping to support CASI and our Bake Sale!

Renew Active and Silver Sneakers Insurance Supplements

CASI is now accepting Silver Sneakers and Renew Active to cover the cost of CASI Fitness Add On. If your insurance offers Silver Sneakers or Renew Active you will receive free 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.

You will be required to check in at the CASI Front Desk every visit you make to the facility. This is the most important part of your benefit! Please help us by making sure you check in. If it is your first time and you need help, please let us know!

Renew Active
by UnitedHealthcare

Silver Sneakers
by Tivity Health

Chair Based Exercise will not meet August 2 & 9

CASI will be closed Monday September 5 in honor of Labor Day.