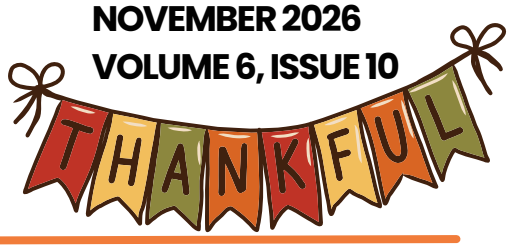
Solon
SENIOR NEWS

NOVEMBER 2026
VOLUME 6, ISSUE 10



SOLON STUDENTS- BRIDGING GENERATIONS, BUILDING COMMUNITY

In Solon, the spirit of community service is alive and well in a group of young people who are discovering that some of the greatest rewards come from giving their time to others. Through a partnership with Solon Senior Support (SSS), student volunteers at Solon High School are building meaningful connections with older adults while finding creative and hands-on ways to make a difference in their community.

Meeting monthly at the school, students participate in activities designed to bring joy, companionship, and support to local seniors. From creating festive crafts for holiday gift bags to rolling up their sleeves to help with yard work, these young volunteers are demonstrating that kindness comes in many forms. The projects offer students an opportunity to work together, share ideas, and see firsthand how their efforts can make a difference in someone else's life.



Teacher liaison Kelli Roskopf says one of the things she appreciates most is seeing students enjoy both the projects and the relationships they develop along the way. Those who volunteer for outdoor work often look forward to visiting with homeowners and learning more about them. Roskopf was drawn to Solon Senior Support because of her own family connections, noting that relatives and family friends who lived into their 80s and 90s would have appreciated a program like this. “The sense of community that is promoted in Solon is amazing,” she says. She wanted to contribute to that spirit by engaging students in meaningful service.

IN THIS ISSUE

- SOLON STUDENTS MAKING A DIFFERENCE
- STAY CONNECTED
- HEALTH, WELLNESS, AND SAFETY
- COMMUNITY CORNER
- ADVOCATES NEWS
- DINING MENU

One particularly special part of the program is the Pen Pal initiative, which pairs students with older adults for an exchange of letters. In a world increasingly dominated by screens and quick messages, handwritten notes offer something uniquely personal: an opportunity to share stories, learn about one another, and build friendships across generations. Roskopf hopes to expand the Pen Pal program and find additional opportunities for students and older adults to connect in person. She notes that many students are interested in earning Silver Cord recognition at graduation and are looking for meaningful ways to give back to their community. (continued on page 2)

Featured Story:

SHS students- Bridging Generations, Building Community

For sophomore Isabelle Novak, joining the club was a natural choice. “I have always loved spending time with my grandma and grandpa and helping them out,” she explains. “I realized this club was an opportunity to do the same thing with other older adults in our community.” Her grandparents inspired her to become involved, and she quickly discovered that helping others could be just as rewarding as spending time with family.

One of Isabelle’s favorite projects was helping a senior named Patty with her yard. She remembers digging out and uncovering the sidewalk leading all the way to Patty’s front door. “I didn't even know it was there!” she recalls. “Now, every time I drive past her house, I see that sidewalk and can't believe I helped make that happen.” Beyond the physical work, Isabelle enjoyed getting to know Patty and learning about the history of Solon. Having lived in the community for about six years, she realized volunteering was helping her get to know people and feel more connected to the town. “Even if I haven't talked to someone in a while, I can drive past their house and think, ‘I know that person!’ It makes me feel like I'm part of something.”

The experience has also changed Isabelle’s perspective on older adults. She hopes more teenagers will recognize that people of different generations have much more in common than they might initially think. “I wish more teenagers understood that just because someone is a different age doesn't mean their personality is that different from ours,” she says. Through volunteering, she has discovered that older adults have fascinating stories, experiences, and perspectives to share. “Their friends don't have to be only people their own age,” Isabelle says, explaining why she signed up for the Pen Pal program. She would love to learn what it was like to be a teenager during different periods of history and believes these relationships can become meaningful friendships.

Solon Senior Support is grateful for the enthusiasm, creativity, and compassion these students bring to the program. Roskopf hopes to continue expanding volunteer opportunities, while students like Isabelle are eager to participate in more projects and build lasting connections. Their willingness to share their time and talents reminds us that community support is a two-way street—and that friendships between generations can enrich everyone's lives. Through small acts of kindness, these students are helping build a stronger, more connected Solon community, one thoughtful gesture at a time.





Want to receive Solon Senior News? Email Jill at solonseniors@gmail.com or call 319-624-2773.

Enjoy the newsletter? Consider a donation to help us keep it going! Solon Senior Support- PO Box 131, Solon, Iowa 52333

CALENDAR

NOVEMBER 2026

WEEKLY ACTIVITIES

Chair Yoga
Mondays 12:30-1:30pm
Wednesdays 10-11am
Solon Public Library

Coffee & Conversation
Wednesdays 9-10am
(Before Chair Yoga)
Solon Public Library



Euchre
Friday 1230-3pm
Snack at 2pm
Solon Methodist Church



Pickleball
Daily at the Solon
United Methodist FLC
See page 2 for details

Zumba
Tuesdays & Fridays
8:30-9:30am
Solon Community Center- cost is $1

Steps & Strength Fitness
Tuesdays & Thursdays
1130am-1215pm
Solon Community Center

***NEW*Chair Volleyball**
Thursdays 10-11am.
Starts Nov. 5th
Solon Community Center

MONTHLY EVENTS

2
Monday Matinee
High Anxiety (1977)
2pm-4pm
Solon Community Center

12
Advocates Restaurant Run
12 noon- North Liberty
Butter & Jam Cafe
See page 7 for information

17
Safe at Home Program
Senior Support
Solon Methodist Church
11am-12noon



No Meal and a Movie for November- Happy Thanksgiving!

DEC 3

FREE HOLIDAY MEAL
1PM
Bluebird Cafe
See page 7 for RSVP info
Sponsored by Senior Advocates, Dining, and Support

Stay Connected

Solon Community Pantry

Elaine Claude, Manager: 319-321-5232

The Food Pantry is in need of pancake mix, mandarin oranges, sugar, any of the Helpers (hamburger, tuna or chicken), Suddenly salad, BBQ sauce, salad dressings, apple juice. Feminine products, toothpaste, Kleenex, paper towels, toilet paper.
L**ocation:** Lower level of the Solon United Methodist Church, 122 N West St.
Hours: Donations: 830-10am on Mondays, also a Drop Box outside the Pantry Door for after hours donations. Clients: 2-6pm on Mondays

Solon Senior Transportation

Cindy Jensen, Coordinator: 319- 360-3279

Let our volunteer drivers transport you to and from medically related appointments. An enrollment form and detailed brochure will be sent upon request. Once enrolled, the client may call for a ride to a specific appointment. All volunteer drivers are self-insured.
Call Cindy Jensen @ 319-360-3279. Volunteers are always needed!

Johnson County Pickleball Club (JCPC)

Doug Tuetken, Coordinator: 319-608-4483

Intersted in Pickleball? Want to learn more about it?
The Solon United Methodist Church- Family Life Center (131 N. West St.) has 3 indoor courts used by the JCPC from 8:30-11am on Mon/Wed/Fri, 9-11am on Tues/Thurs, and 930-11am on Sundays. Walk-in fee is $5, JCPC membership is $15/year and the church's yearly court fee is $100. The courts may be rented for private groups- call the church at 319-624-2288 for rates and scheduling. Contact Doug Tuetken at 563-608-4483 for more information. Newcomers and walk-ins are always welcome and lessons are on Sunday mornings.

Solon Public Library

Megan Richardson, Director 319-624-2678

Wed Nov 4 630-730pm KNIT LIT: The Dressmakers of Auschwitz
Fri Nov 6 2-3pm Bad Art Fridays: Forest Pastels
Tues Nov 10 630-730pm:DIY Night: Autumn Centerpiece Crafts *Registration required*
Fri Nov 13 2-3pm: Tech DIVE: Family Newsletters
Tues Nov 17 630-730pm: Book Club: Take My Hand
Sat Nov 21 11am-12pm: Cookbook Club: Food Gifts

Solon Senior Support volunteers will deliver Library books/materials to your home and pick them up when you are done using them? Call the Library at 319-624-2678 for more information or to set up a delivery.

Contact Us

SENIOR SUPPORT: 319-624-2773 - Jill Weetman, President solonseniors@gmail.com
SENIOR ADVOCATES: 319-430-8655 - Sandy Hanson sandrahanson@southslope.net
SENIOR DINING: 319-624-2251 - Amanda Kleppe, Manager Marcy Olson, President
SOLON COMMUNITY CENTER: 319-624-2499 - Brodie Bohlen, Director

Health, Wellness, and Safety

- November is National Family Caregivers Month – Honoring and supporting family caregivers.
- National Alzheimer's Disease Awareness Month – Raising awareness about Alzheimer's and dementia.

Solon Safe at Home

Could your home be safer than it is today? Join us for a the Safe at Home Program and learn simple ways to prevent falls, improve home safety, and stay independent—with free safety products provided when a need is identified.

- WHEN: Nov 17th 11am-12noon
- WHERE: Solon United Methodist Church
- Free AARP HomeFit Guide to all who attend
- Sign up for your FREE home visit



Open Enrollment happens from October 15 – December 7 and is the time each year when you can make changes to your coverage. The changes you make during Open Enrollment are effective January 1 of next year (the plan must get your enrollment request by December 7). Johnson County residents can get free, one-on-one Medicare counseling through SHIIP at the Iowa City Senior Center, 28 S. Linn St. Counselors can help you review your current plan, prescription coverage and explore options for the coming year.

Click here to schedule an appointment



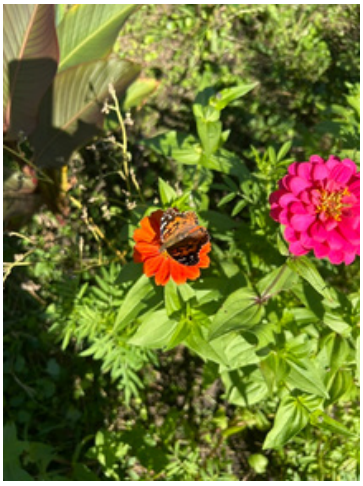
Who may be eligible?
Click Here For More Information
GUIDE Providers in The Area

- Senior Home Care | Amada Senior Care (319)-382-3761
- Senior Home Care in Iowa City, IA - Cornerstone Caregiving (319)-766-6060
- Home Instead (319)-358-2340
- Visiting Angels Senior Home Care (319)-531-7635

The GUIDE Program (Guiding an Improved Dementia Experience) provides dementia care support at no cost to eligible individuals and their caregivers. The program connects families with a dementia trained nurse who can provide regular check-ins, help coordinate care, and connect families with community resources.
This program also provides caregiver education and one-on-one support, along with 24/7 virtual access to a care team. For families who qualify, the program provides an annual respite care benefit that can give caregivers time to rest, attend appointments, run errands or even take a break from caregiving. The current program year provides up to 76 hours of in-home respite care for qualifying families.

Goodnight Garden

A fall farewell to Toni Russo's Heritage Garden



Goodnight flowers,
Goodnight seeds,
Goodnight butterflies
And buzzing bees.

Goodnight tomatoes,
Goodnight vines,
Goodnight sunshine
And garden signs.

Goodnight birdies
Up in the tree,
Goodnight birdhouse,
As quiet as can be.

Goodnight marigolds,
Yellow and bright,
Goodnight petals
Tucked in for the night.

Goodnight watering can,
Goodnight hose,
Goodnight the scent
Of each garden rose.

Goodnight pathways,
Goodnight gate,
Goodnight the hands
That make it so great.

Goodnight Toni,
Your garden's a treasure,
A place filled with beauty,
And memories to measure.

Goodnight garden,
The moon shines above,
Goodnight to this place
We've all grown to love.









Do You Have a Solon Story or Hidden Gem to Share?

We're looking for interesting people, places, gardens, collections, memories and little-known pieces of Solon history to feature in future issues of Solon Senior News. Send us your photos and stories!
Call Jill Weetman at 319-624-2773 or email at solonseniors@gmail.com.

ADVOCATES NEWS

2026 Events

- Thursday, November 12 Butter & Jam Cafe North Liberty Personal Cars
- No Meal and Movie in November – Happy Thanksgiving!
- Thursday, December 3rd Free Holiday Meal Blue Bird Cafe 1:00 p.m.
  Sponsors: Senior Support, Advocates, and Dining
  To RSVP call: Phyllis Fiala - 319-331-7447 or pmfiala35@southslope.net
  or Sandy Hanson - 319-430-8655 or sandrahanson@southslope.net

Proposed 2027 Events Reservations : 319-430-8655

- Thursday, May 20th. Kalona Bus Trip $25
- Ila Miller Meal, Golden Delight, Community Store, Perry Bender Greenhouse, Stringtown Grocery
- Friday, July 10th Bluff Lake Personal Cars
- Wednesday, August 11th Circa 21 Dinner Playhouse, Rock Island, IL "Annie" $75

The Solon Senior Advocates are seeking a financial manager to help oversee our financial responsibilities, as well as individuals who are interested in joining our organization to support our mission.
We are dedicated to providing activities, events and opportunities that encourage adults to maintain their mobility, enjoy their meaningful social connections, and remain involved in the community.
We welcome individuals who share this vision and would like to contribute their skills, ideas, time and enthusiasm to help our organization to grow and better serve our senior community. For more information please call Phyllis Fiala 319-331-7447

Solon Senior Transport provides volunteer transportation for seniors to medical appointments – for info and to enroll, please call Cindy Jensen, 319-360-3279. Sign up as a volunteer driver!

Senior Advocate Board

Larry Brecht 319-624-2925 Phyllis Fiala 319-331-7447 Joyce Cook 319-541-6527
Penny Tompkins 319-471-3662 Lou Wolfe 319-321-3113
Cindy Jensen 319-360-3279 Sandy Hanson 319-430-8655

November 2026 Senior Dining Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	**3**	**4**	**5**	**6**
Pepper Steak Rice Glazed Carrots Coffee Cream Dessert	**Senior Dining Reservations/ Information** MWF 10 am - 11 am 319-624-2251	Sweet Sausage Manicotti Buttered Peas Garlic Bread No Bake Pretzel Cookie **Birthday**	****Cancellations**** **Since meals are ordered in advance.** **Payment is required if a meal is cancelled on same day it was to be received.**	Old Bay Seasoned Fish Fried Potatoes Steamed Cabbage Cherry Crisp
9	**10**	**11**	**12**	**13**
Pineapple Ham Loaf Potato Casserole Broccoli Cranberry Pear Crisp	**In House Dining 11:30** **Wednesdays ONLY** **Meals $5.00** **Reservations required** 2 days in advance of meal Call 319-624-2251 MWF (10 am -11 am)	Fried Chicken Macaroni & Cheese Mixed Vegetables Raspberry Gelatin Dessert Am. Legion/Sponsor Steve Hirl	**Home Deliveries within a 5 mile radius from Solon,** Paved roads only. **Reservations Required** 2 days in advance of meal	Catch of the Day Baked Potato Chalet Garlic Vegetables Lemon Bar
16	**17**	**18**	**19**	**20**
Rotisserie Chicken Breast Maple Squash Green Beans Spiced Raspberry Triffle		Apple Butter Pork Chops Mini Baker Potatoes Carrots Oatmeal Scotchie Cookie	**NO Meals Tuesdays and Thursdays**	Parmesan Crusted Fish Creamy Blush Pasta Broccoli Garlic Toast Frosted Chocolate Cake
23	**24**	**25**	**26**	**27**
Spaghetti/Meat Sauce Chalet Garlic Vegetables Garlic Toast Cookie Fluff		Cashew Chicken Fried Rice Asian Blend Vegetables Sherbet	Happy Thanksgiving!	**CLOSED for Thanksgiving**
30				
Maple BBQ Ribs Squash Brussel Sprouts Strawberry Shortcake				