

VOLUNTEERING: GOOD FOR OTHERS. GOOD FOR YOU.

Want to feel great and help others? Volunteer! Research has shown that volunteering offers significant health benefits, especially for older adults.

- 1. Improved physical and mental health-** Volunteer activities keep people moving and thinking at the same time. Volunteering leads to lower rates of depression and anxiety, especially for people 65 and older. It reduces stress and increases positive, relaxed feelings by releasing dopamine. By spending time in service to others, volunteers report feeling a sense of meaning and appreciation, both given and received, which can have a stress-reducing effect.
- 2. Provides a sense of purpose and teaches valuable skills-** The work that volunteers provide is essential to everyday activities, giving volunteers a sense of purpose, especially when giving their time and talent in the areas they find meaningful.
- 3. Nurture new and existing relationships-** Volunteering increases social interaction and helps build a support system based on common interests.

A few months after retiring, Cindy Jensen needed something to do to keep busy. She currently volunteers as the Coordinator for Senior Transportation, the VP for Senior Support, the Board of Senior Advocates, the American Legion, and Honor Flights. Needless to say, she's keeping busy! She enjoys helping people do things they can no longer do themselves, knowing she's making their day a little easier. Her favorite project are delivering May baskets and Christmas gift bags. She says, "It's a fun way to meet more of our Solon seniors; their happiness when receiving these make my day!" *(continued on page 2)*

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Cindy Jensen and Carolyn Trump- Cindy was delivering May Day gifts while volunteering for Senior Support. .

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

FEATURED STORY:

VOLUNTEERING: GOOD FOR OTHERS. GOOD FOR YOU.

(from page 1) Cindy said one thing she really enjoys is the friendships she's made with the older adults she works with. "I love hearing their stories about their lives, especially the farm lives!" One thing she's learned is that it seems easy for some to become "hermits". "It's important for the community to help them stay connected and independent. Families have busy lives and have difficulties keeping in touch, especially when they live far away. We need more volunteers to bridge that gap." Regarding those who are considering volunteering, Cindy recommends to start small, "Don't worry about not having a lot of time or not knowing how you can help. There are people that simply need a ride, a little help with tasks, or someone to talk to. You may be surprised by how much even a small amount of your time can mean to someone."



Barry Byrne (left, with Marcy Olson from Senior Dining) Barry started volunteering with Senior Dining after the Senior Advocates asked for volunteers. He enjoys the teamwork, getting to know the diners, and especially enjoys the kidding around and laughter. He has learned from the older adults he works with that one needs to "keep going, push on through". He noted that people considering volunteering should "give it a try and then decide to continue or not". He said the best thing about volunteering is giving back.

Lois VanWinkle (right, with Delores Kasper) is a volunteer driver with Solon Senior Transportation. Lois decided to volunteer as she had the time and she knew her mom has people where she lives who help her. This enables her mom to stay in her home and be independent. She says she can do that here in Solon for others. Meeting new people is what she enjoys most about volunteering and the extent of appreciation by her passengers is something that has stayed with her. She didn't expect how much the sense of helping and contributing to people's independence would mean to her. The best thing about driving is "there is no pressure, a request is sent out by Cindy to all drivers. When it works for her, she says yes." Lois adds, "the best thing about volunteering is you meet people outside your own small world. It's delightful."



CALENDAR

OCTOBER 2026



WEEKLY ACTIVITIES

MONTHLY EVENTS

****All activities and events are FREE unless cost is noted****



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



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

5

Flu Vaccine Clinic
1030am- Noon
Solon United Methodist Church

5

Monday Matinee
Secondhand Lions
Follows a shy boy who is sent to
spend the summer with his eccentric
great-uncles on their Texas farm.
2pm-4pm
Solon Community Center

8

Advocates Bus Trip
Breitbach's/ Gay's Mills
See page 7 for information

13

Safe at Home Program
Senior Support
1-2pm
Solon United Methodist Church

15

Advocates Restaurant Run
12 noon
Baxa's Restuarant- Sutliff
See page 7 for information

17

Batttery Up Program
Solon Fire Dept- all day
See page 5 for details

31

Advocates Meal and a Movie
"Senior Entourage"
11am-130pm
Cost is \$5 per meal
Solon Public Library
See page 7 for information

- No experience necessary- played with a beach ball!
- Played entirely from a chair
- Come for the game—stay for the laughs!
- Great for upper-body movement, coordination and flexibility
- Come alone or bring a friend

STAY CONNECTED

Solon Community Pantry

Elaine Claude, Manager: 319-321-5232

The Pantry is in need of: eggs, pancake mix, sugar, any of the Helpers (Hamburger, Tuna, or Chicken), apple juice, canned mandarin oranges, cake mix, vanilla frosting, canned meats (not tuna or chicken), bottled water. Feminine products, toothpaste, Kleenex, paper towels, toilet paper, bar soap, deoderant, clean plastic grocery bags.

Location: 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

Interested 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 Oct. 7- Libraries with Heart Blood Pressure Screenings 930am-noon

Wed Oct 7 - Knit Lit - The English Understand Wool 630-730pm

Fri Oct 9 - Tech DIVE - Cricut cutting machine 3-4pm

Mon Oct 12 - Pumpkin Painting Party 6-7pm

Mon Oct 12- Fri Oct 19- Great Pumpkin Decorating Contest

Tues Oct 13- DIY Night- Thrifted Ghost Paintings 630-730pm

Sat Oct 17- Cookbook Club: Apples 11am-noon

Tues Oct 20- Book Club - One Giant Leap 630-730pm

Tues Oct 27th - Día de Muertos: Paper Marigolds 530-630pm

See the Library calendar on their website or call for more information and classes.

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

OLON COMMUNITY CENTER: 319-624-2499 - Brodie Bohlen, Director

HEALTH, WELLNESS, AND SAFETY



★ October Safe at Home Challenge

- ☐ Remove one tripping hazard
- ☐ Check smoke detectors- SEE BELOW
- ☐ Check bathroom grab bars
- ☐ Improve one dark area
- ☐ Put emergency contacts somewhere visible
- ATTEND THE SAFE AT HOME PROGRAM ON TUESDAY, OCT 13 AT 1PM AT THE SOLON UNITED METHODIST CHURCH FELLOWSHIP HALL.

FLU VACCINE CLINIC

HOSTED BY SENIOR ADVOCATES

CLICK [HERE](#) TO SIGN UP
ONLINE OR CALL 319-430-8655
FOR ASSISTANCE

Flu shots available
for adults 65+



Ask your healthcare provider
about getting vaccinated



MONDAY, OCT 5TH

1030AM-NOON

SOLON UNITED
METHODIST CHURCH

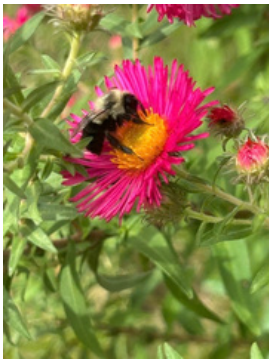
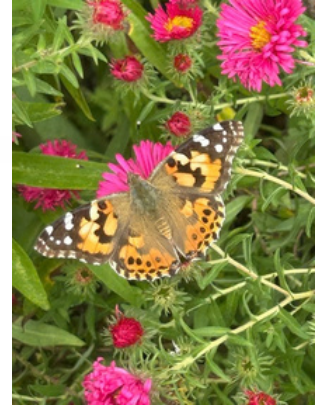
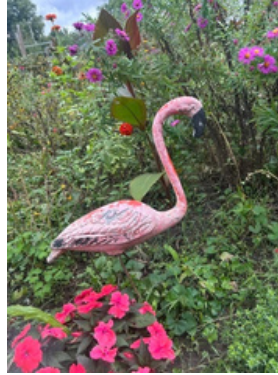


Solon Fire Department Battery Up Program- Sat. October 17th

Your Solon Fire Fighters offer a Battery Up program to our senior residents and disabled individuals within our service area. We will come to your residence and change out the batteries in your smoke detectors and carbon monoxide detectors. We will be providing this service on Saturday, October 17, starting at 8 a.m. If you are in need of this service please contact the Solon Fire Department via e-mail at john.studt@solonfire.com with your name, address and contact info. If you do not have access to email call 319-624-2386 ext. 2208 and leave us a message with your name, address and a good contact phone number.

SEPTEMBER IN TONI RUSSO'S HERITAGE GARDEN

As autumn settles in, Toni's Heritage Garden is beginning its gentle retreat into winter. The flowers may be fading and the garden may be growing quiet, but there is still life all around. Seed heads provide food for birds, fallen leaves offer shelter for insects and small creatures, and the garden becomes a peaceful haven for wildlife through the colder months. Soon the garden will sleep beneath its winter blanket, waiting patiently for spring to bring it back to life. What a beautiful reminder that even in its quietest season, a garden is never truly still.



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.



SOLON ADVOCATES

OCTOBER 2026 NEWSLETTER

For reservations for all events, call Sandy Hanson at 319-430-8655

OCTOBER EVENTS:

Monday, October 5th 10:30am - 12:00pm Flu Vaccine clinic at the Methodist Church enroll [HERE](#) online or call Sandy for assistance with signing up.

Thursday, October 8th Brietbach's/Gays Mills Cost for Meal & Bus- \$50
Leave from Solon Nature and Recreation Area (SRNA) at 8:45am

Thursday, October 15th Baxa's Restaurant at Sutliff. Meet at noon. Drive personal cars to the restaurant.

Friday, October 31st Meal & Movie "Senior Entourage" 11a.m. Solon Public Library
Cost is \$5 for the meal

PROPOSED 2027 EVENTS: Put them on your calendar and sign up early!

Wednesday, April 7th Circa '21 Dinner Playhouse, Rock Island IL "Oklahoma" Cost is \$75

Thursday, May 20th Kalona: Ila Miller Meal/ Community Store/ PerryBender/ Stringtown

Watch the Newsletter for information about new events and activities for our seniors!

Solon Senior Transport provides volunteer transportation for seniors to medical appointments – for info and to enroll please call Cindy Jensen, 319-360-3279. Volunteer drivers always needed!

Senior Advocate Board

Larry Brecht 319-624-2925

Mark Hollinrake 319-551-2811

Cindy Jensen 319-360-3279

Phyllis Fiala 319-331-7447

Joyce Cook 319-541-6527

Sandy Hanson 319-430-8655

Penny Tompkins 319-471-3662

Lou Wolfe 319-321-3113

