

# Miles AHEAD

February  
2025



## WELCOME TO THE NEW "MILES AHEAD"

Welcome our new monthly newsletter! Each issue will feature agency news, updates, and valuable information for caregivers and older Iowans. Discover tips, resources, and programs designed to help older adults stay healthy, independent, and connected! If you have any events to announce, stories to share, or want to advertise, please email Devin Hansen, Marketing and Communications Manager, at: [dhansen@milestones.org](mailto:dhansen@milestones.org)

## Take Action for a Stronger Heart

February is American Heart Month, a time to raise awareness about the number one cause of death in America, heart disease. According to the American Heart Association, here are the key lifestyle changes to a healthier heart:

- Choose a Heart-Healthy Diet: Emphasize fruits, vegetables, whole grains, lean proteins, and fish. Limit intake of saturated fats. Opt for healthy fats like those in olive oil and avocados.
- Engage in Regular Physical Activity: Aim for at least 120-minutes of exercise each week. Activities such as walking, Tai Chi, and yoga are low-impact with high-return.
- Maintain a Healthy Weight: Being a healthy weight reduces the strain on your heart. Combine a balanced diet with exercise to manage your weight effectively.
- Quit Smoking and Drinking: These habits can lead to high blood pressure, heart failure, and stroke.
- Manage Stress: Practice stress-reduction techniques such as mindfulness, meditation, prayer, or deep breathing.
- Ensure Quality Sleep: Aim for 7-9 hours of sleep per night. Establish a regular sleep schedule and create a restful environment to improve sleep quality.
- Monitor and Manage Health Metrics: Regularly check your own blood pressure, cholesterol, and blood sugar. Work with your doctor to keep these numbers in check.

By implementing these strategies, you can significantly reduce your risk of heart disease and enhance your overall well-being. -- American Heart Association



A LIFELINE FOR  
OLDER IOWANS

## How Milestones Makes a Difference

Learn about the impact of our services in this short, two minute video

# WE'RE HIRING!

**Meal Delivery Drivers** for Bloomfield and Keokuk. For more info or to apply, [CLICK HERE](#) or visit: [MilestonesAAA.org/employment](http://MilestonesAAA.org/employment)



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



[info@milestonesaaa.org](mailto:info@milestonesaaa.org)



855-410-6222



**It's still winter!**  
**For weather cancellations, please visit our website:**  
**MilestonesAAA.org**

## COMMUNITY MAKES HOLIDAY DRIVE A SUCCESS!

We are overjoyed to share the success of our "Elder's Christmas Closet" project! This annual holiday drive benefits older adults in need across Southeast Iowa. Throughout November and December, our community came together to make this drive a success. Donation boxes were filled with food, toiletries, household cleaners, detergent, and other necessities, which are then distributed to clients in-need throughout the year.

Thank you to the Southeast Iowa, Ottumwa community, businesses, organizations, and individuals for everything you've done to help older adults in the Ottumwa area!

## TOWNS of MILESTONES

### ELDON, IA

Pop. 783

Just outside Ottumwa, Eldon is home to the famous American Gothic farmhouse, immortalized in Grant Wood's iconic painting from 1930. The models were his sister, Nan, and his dentist, Dr. McKeeby.



**Find your local Community Cafe.**  
**Click here or visit:**  
**Milestonesaaa.org**



# Word Scrambler

Unscramble the letters to form a common word.

Example: DRBAE

Answer: BREAD



- |               |               |
|---------------|---------------|
| 1) TREHEATSWE | 10) CARD      |
| 2) TOUQEB     | 9) BELOVED    |
| 3) YDNAC      | 8) AFFECTION  |
| 4) VEOL       | 7) ROMANCE    |
| 5) WFOLRSE    | 6) SURPRISE   |
| 6) PREUSRIS   | 5) FLOWERS    |
| 7) MANCEOR    | 4) LOVE       |
| 8) FECTAIONF  | 3) CANDY      |
| 9) LOEBVED    | 2) BOUQUET    |
| 10) DRAC      | 1) SWEETHEART |

Answers:



**FOLLOW US**

[FACEBOOK.COM/MILESTONESAAA](https://www.facebook.com/milestonesaaa)

## February MENUS

Click the menu for your county to view.

### US Foods

Served in these counties: Clinton, Davis, Des Moines, Keokuk, Lee, Louisa, Lucas, Muscatine, Scott, Van Buren, and Wayne.

### TRIO

Served in these counties: Appanoose, Henry, Jefferson, Mahaska, Monroe, and Wapello.

# Lunch with Ottumwa Mayor Rick Johnson



**FRIDAY FEB 21, 11AM-1PM**  
*LUNCH & SILENT AUCTION!*

Free Methodist Church  
820 E. Penn. Ave.  
Reserve your space: 641-208-5180

Serving: Chili & Vegetable Soup,  
Cornbread, Cupcakes, Iced Tea & Coffee

**\$10 SUGGESTED DONATION**



Fundraiser proceeds to benefit the Milestones Nutrition program delivering hot meals to homebound seniors in Wapello County.  
PRESENTED BY MILESTONES FOUNDATION

## Community Cafe Events

- **Free Art Class:** Third Thursday of each month at 1pm immediately following the Milestones meal. Newberry Center, 728 Ave. G. Fort Madison, IA.
- **B-I-N-G-O:** Bingo every Thursday, 12 noon. Bloomfield Senior Center, 109 E. Franklin St, Bloomfield, IA.
- **Crafternoon:** First Thursday of each month. 1pm, Newberry Center, 728 Ave. G., Fort Madison, IA.
- **Card Club:** Every Thursday at 10am. Community Center, 104 Sand Run Rd., Fruitland, IA.
- **Walking Club:** Every Wednesday at 10:30am. Free Methodist Church, 820 E. Penn. Ave. Ottumwa, IA.



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



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855-410-6222

## Time to CELEBRATE!

Work Anniversaries for February 2025

2nd- Lavern LeShoure  
NCM – Davenport

3rd- Kantina Schmiers  
*Administrative 'Data  
Specialist – Burlington*

6th- Theresa Davison  
*Social Services Supervisor –  
Davenport*

9th- Roselyn Buehnean  
*Cook – Sigourney*

## In-Person Tai Chi Classes

Milestones AAA  
Davenport Office  
935 E. 53rd Street

Tuesdays (16 weeks)  
March 18 – July 1  
10-11am



Class size is limited.  
Register by  
March 3 to  
reserve your  
spot!

Call Milestones to register:  
563-723-5969 or  
CLICK HERE to pre-enroll.

## Caregiver Corner

## EMBRACING SELF-COMPASSION

As a caregiver, it's easy to put your loved one's needs before your own, but neglecting self-care can lead to burnout. Practicing self-compassion can improve your health, relationships, and help you stay emotionally balanced and better equipped to care for your loved ones. Self-compassion helps lower anxiety and depression, which can be especially beneficial for caregivers who often face stress and emotional exhaustion. Harvard psychologist Christopher Germer suggests five ways to integrate self-compassion into your life:

- Comfort your body: Eat nutritious meals, rest, or take a walk to recharge.
- Write a letter to yourself: Reflect on your struggles without blame. Acknowledge your feelings and give yourself compassion for the challenges you face.
- Encourage yourself: When stress hits, offer yourself the same kind words you would give a friend going through a tough time.
- Practice mindfulness: Observe your emotions without judgment. Embrace both the good and bad moments with kindness, accepting your humanity as a caregiver.

By practicing self-compassion, caregivers can maintain their emotional health and provide better care without sacrificing their own well-being.

## Be a Supporter

- **\$10 Provides one nutritious home-delivered meal.**
- **\$25 Funds one hour of in-home assistance.**
- **\$50 Covers meals and volunteer wellness visits for a week.**

**DONATE**  
Click Here



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



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### Elder Abuse & Prevention

If you suspect that an older adult is experiencing abuse, neglect, or exploitation, please contact us at 855-410-6222.

## Make a Difference: It's Good For You!

Want to make a real difference in the lives of older Iowans? Milestones AAA offers a variety of volunteer opportunities, from delivering meals to providing office support, that will allow you to connect with your community and enhance the lives of others. Not only will you be helping others maintain their independence, you'll also discover the rewarding feeling of giving back, and boosting your own health and happiness as well.

Call 855-410-6222 or visit [MilestonesAAA.org/Volunteer](http://MilestonesAAA.org/Volunteer).

### Doing Good is Good for You

#### Volunteering

Reduces



- depression
- chronic pain
- stress
- risk of disease
- social isolation



Increases



- physical fitness
- cognitive health
- sense of purpose
- social connection
- longevity



Corporation for National & Community Service, *The Health Benefits of Volunteering: A Review of Recent Research*, May 2012, [www.nationalservice.gov/pdf/healthbenefits\\_factsheet.pdf](http://www.nationalservice.gov/pdf/healthbenefits_factsheet.pdf). Graphic from [eldercare.acl.gov](http://eldercare.acl.gov)



## Caregiver SUPPORT GROUPS



### BURLINGTON

Milestones AAA Office  
509 Jefferson St., Burlington, IA  
First Tuesday of the month at 3pm.

### DAVENPORT

Milestones AAA Office  
935 E 53rd St., Davenport, IA  
Second Monday of the month at  
10:30am.

### LECLAIRE

Our Lady of the River Catholic Church  
28200 226th Pl., LeClaire, IA.  
First Monday of the month at 10:30am.

### OTTUMWA

McCreery Cancer Center  
1003 E Penn. Ave., Ottumwa, IA  
Second Thursday of each month at 2pm.

## About Milestones



Milestones Area Agency on Aging, a private 501c(3) nonprofit, is one of six state-designated area agencies on aging serving the State of Iowa. Our service area (PSA 5) includes the following 17 counties in southcentral and southeastern Iowa: Appanoose, Clinton, Davis, Des Moines, Henry, Jefferson, Keokuk, Lee, Louisa, Lucas, Mahaska, Monroe, Muscatine, Scott, Van Buren, Wapello, and Wayne. Regional offices in Burlington and Ottumwa and the administrative office in Davenport, provide reach to deliver critical programs and services throughout the region.

Milestones' mission is to assist older adults to live safely and independently at home. Services provided include individualized information & assistance, options counseling, case management, nutrition services (incl. congregate and home-delivered meals), caregiver support, and evidence-based health promotion.



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