

Miles AHEAD JAN 2026



FEB 7TH, NOON - 3PM

KEOKUK HERITAGE CENTER
508 MAIN ST., KEOKUK, IA

TASTE CHILI FROM
LOCAL CHEFS AND
RESTAURANTS

SILENT AUCTION, FOOD,
MUSIC & FUN BEFORE
VALENTINE'S DAY

\$10 SUGGESTED DONATION

Proceeds benefit the Milestones Home-Delivered Meal Program



Video: [How Milestones
Makes a Difference](#)

Strengthening Your Circle of Care in the New Year

Caregiving is often guided by compassion and commitment, and it can also come with the challenges of stress or isolation. This January, we invite you to consider a “New Year, New Support” mindset that focuses on maintaining personal well-being, while continuing to care for others.

According to the Family Caregiver Alliance and the National Center on Elder Abuse, the following ideas may help you begin the year with more strength and peace of mind:

- **Grow Your Circle of Support:** Social isolation is often linked to caregiver burnout. Consider reaching out to an old friend or visit a Milestones Caregiver Support group. [Click here for dates and times or visit MilestonesAAA.org.](#)
- **Practice “Micro-Respite”:** Time away doesn’t always need to be lengthy to be helpful. Even 10–15 minutes of personal time like a short walk, a few pages of a book, or a quiet cup of coffee will help you feel re-energized.
- **Stay Alert to “Silent” Risks:** A new year can sometimes bring new scam attempts. Review bank statements and be cautious of urgent calls, emails, or texts requesting money or personal information.
- **Connect at a Community Cafe:** Combat the winter blues by visiting a Milestones Community Cafe for a hot, nutritious meal and social connection. It is a wonderful way for both you and your loved one to enjoy a change of scenery and meet new friends in a warm, welcoming environment. [Click here for Community Cafe locations and serving times or visit <https://www.milestonesaaa.org/nutrition-programs/>.](#)
- **Ask for Help Early:** Seeking information about home-delivered meals, transportation, or respite care before a crisis arises may support smoother planning and peace of mind. You can reach Milestones Information and Assistance by calling us during business hours at: 855-410-6222.

If any of these ideas sound helpful, Milestones is here to provide support. Whether that means sharing a meal, answering a question, or connecting you to services, we can help make caregiving more manageable.

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:



FACEBOOK.COM/MILESTONESAAA

Staying Active Without Leaving Home

Staying active doesn't require a gym, special equipment, or even good weather—you can do it right at home. During the colder months, simple movement throughout the day can help keep your body strong and your blood flowing.

- Walk laps in your hallway, kitchen, or living room.
- When TV commercials come on, stand up and march in place or walk to a nearby room and back.
- Safety first: Keep walkways well lit and free of clutter or throw rugs. Wear supportive shoes, even indoors, to reduce the risk of slipping.
- Try simple resistance exercises using everyday items like soup cans. Hold a can in each hand, slowly lift toward your shoulders, then lower with control. (Pictured above.)
- Sit in a sturdy chair, straighten one leg at a time, and hold for three seconds before lowering. These seated leg-lifts help improve blood flow.



Small movements, done consistently, can make a big difference in how you feel each day.

February Menus
Also on our website!



60+ CONGREGATE MEAL SITE



Weather Cancellations

For the latest weather cancellations, visit our Facebook Page or website.

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

MilestonesAAA.org

Community Cafe Events

- **Keokuk Chili Cook-Off Fundraiser:** Feb 7, 12-3pm, \$10 suggested donation. Heritage Center, 508 Main St., Keokuk, IA.
- **Lee County Health Department Clinic:** Second Thursday of each month at 10:30am-Noon. Heritage Center, 508 Main St., Keokuk, IA.
- **Silver Steppers:** Line dancing every Tuesday at 9am. Newberry Center, 728 Ave. G. Ft. Madison, IA.
- **B-I-N-G-O:** Bingo every Thursday at Noon. Bloomfield Senior Center, 109 E. Franklin St., Bloomfield, IA.
- **Crafternoon:** First Thursday of each month at 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.



It's a Sock Hop!

MILESTONES SENIOR PROM



MAY 1ST
11:00 AM

\$10 SUGGESTED
DONATION

FREE METHODIST
CHURCH 820 E. PENN
AVE, OTTUMWA, IA

FOOD, DANCING
AND PRIZES!
OPEN TO THE
PUBLIC

ELEVATOR AND
HANDICAPPED
ACCESSIBLE



Elder Abuse & Prevention

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

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 Statement: Milestones Area Agency on Aging is committed to working with communities and community-based organizations to increase awareness for aging successfully with dignity and independence. We do this by implementing policy with public resources provided by the Federal Administration on Aging and the Iowa HHS Division of Aging and Disability Services.



www.milestonesaaa.org



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855-410-6222